Why Refer a Student To Counseling?

Marked Changes in Academic Performance or Behavior
- Uncharacteristically poor performance and preparation
- Excessive absences or tardiness
- Repeated requests for special consideration
- Avoiding or dominating discussions
- Excessively anxious when called upon
- Disruptive classroom behavior
- Intense emotion or inappropriate responses

Behavioral or Interpersonal Problems
- Asking instructor about personal issues
- Complaints from other students
- Hyperactivity or very rapid speech
- Tearfulness, irritability or anger outbursts
- Marked change in hygiene or dress
- Dramatic weight loss or gain
- Disjointed thoughts

References to Hurting Self or Others
- Expressed thoughts of helplessness or hopelessness
- Isolation from friends or family
- References to wanting to death, wanting to die, kill oneself or others
- Can emerge in both verbal and written statements.

Counseling And Psychological Services
An overview of the counseling services available to Stevens students, faculty and staff

STEVENS INSTITUTE OF TECHNOLOGY
Howe Center, 7th Floor
Castle Point on the Hudson

Phone: 201-216-5177
Fax: 201-216-5629
E-mail: stevenscounseling@stevens.edu
Our Treatment Model

Our Services

Short-term 1:1 Counseling and Group Therapy
Workshops and Training Seminars
Consultations to staff, faculty & students
Walk-in crisis hours (2-4pm, M-F; excludes holidays)
Psychiatric consultations
Referral service for off-campus treatment

Making a Referral

Students can visit us at the Howe Center, 7th floor and complete a brief application for services

Students can call our office at 201-216-5177 and we can help you schedule an appointment

E-mail: us
stevenscounseling@stevens.edu

www.stevens.edu/directory/
counseling-and-psychological-services

*NOTE: E-mail is not a confidential form of communication. Also, E-mail is should NEVER be used for emergencies.

The CARE Team

Location: 10th Floor of Howe Center
Email: care@stevens.edu
Web: www.stevens.edu/care

Worried about a student? Not sure what to do or who to contact? Contact CARE (care@stevens.edu)

The Stevens CARE Team responds to concerns raised by members of the Stevens community about students who show signs of behavior that could be harmful to themselves or the campus community. CARE provides support for you and gets help for students when they need it. If you notice something, tell CARE.

In Case of Emergency

There are some mental-health situations where you should seek immediate help for a student. These include:

References to Suicide or Harming Others. This might include direct statements about wanting to die, or indirect statement about hopelessness or extreme pessimism about the future.

Bizarre or disruptive behavior. This can be the sign of a serious psychological issue that should receive immediate care and attention.

CAPS: 201-216-5177 (M-F 9am-5pm)
After-hours: Campus Police @ 201-216-3911

Confidentiality

With the exception of certain emergency situations, Federal and State laws and ethical practice guidelines prohibit psychologists from speaking to others about student treatment without the express written permission of the student.