



Policy: Counseling Services	Applicability: PA Sciences Program Students
Policy Owner: PA Sciences Program	Approved By: Dean of the School of Graduate Studies and Research
Effective Date: August 18, 2021	Last Reviewed: August 05, 2024
Next Review: August 05, 2025	Contact: (615)321-2933

PURPOSE: To inform students of counseling services available to them through the Institution.

SCOPE: Meharry Medical College provides counseling services from professional providers at a conveniently located campus Counseling Center. The center is committed to a highly effective counseling support system that complements the educational and human enrichment endeavors of the institution. Counseling services include individual, family and group therapies, crisis intervention, coaching, case management as well as academic counseling. Workshops related to stress reduction, time management and a variety of clinical presentations are regular features of the center.

The services of the Counseling Center are broad-based and encompass services to students' partners and dependents, as well as to faculty and staff. Below is a listing of some of the services offered:

- Self-esteem problems
- Interpersonal relationships
- Adjustment problems
- Conflict resolution
- Time & stress management
- Short-term psychotherapy
- Marital counseling
- Lifestyle counseling
- Wellness counseling
- Examination anxiety therapy
- Disability counseling
- Medication referral services
- Gay, lesbian, bisexual and transgender counseling and referral services
- Psychological testing



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- Alcohol and substance dependence recovery counseling and referral services

All counseling services for students and their immediate family are provided at no cost to the student. When referrals are made to mental health providers, these services are normally covered under the provision of the student's health insurance policy. **Referrals:** Referrals to other agencies or to other health care providers, are made as appropriate. Should students need to seek services from a psychiatrist for medication evaluation or other issues, we provide referral to local community psychiatrists. **Confidentiality:** Please be assured that all counseling services are strictly confidential. No faculty member, staff, peer, friend or family member will be permitted access to a student's counseling records without written permission from the counselee. Counseling session's records are NOT a part of the student's academic records.

DEFINITIONS: Counseling – The provision of assistance of and guidance in resolving personal, social or psychological problems and difficulties, especially by a professional.

PROCEDURE:

Making an Appointment::

1. To make an appointment or to obtain further information about the Counseling Services, please contact us at 615.327.6915.
2. Counseling Services is open Monday– Friday, 8 a.m.–4:30 p.m. Hours are quite flexible, however and appointments may be scheduled until early evening, when necessary.
3. Although appointments are encouraged, walk-ins are welcome.

Counseling and Psychological Emergency:

1. For psychological emergencies, counselors are available for crisis assistance and consultation 24/7.
2. During business hours, call or come into the Counseling Services office and



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request to be seen immediately.

3. After hours and on weekends, on-call counselors can be reached by calling at 615.327.6915.

4. In case of an emergency that requires police or emergency medical services, please call 911.