MOUNT HOLYOKE COLLEGE
Counseling Service

Students come to the Counseling Service for a wide range of needs and concerns, ranging from stress, anxiety, depression, eating concerns, body image issues, addiction, loss, perfectionism, relationship difficulties, low self-esteem, sleep problems, coming out issues, hopelessness, sexual assault, academic difficulties, and home-sickness, among others. Some students come in with a specific concern that will only need one or two sessions, while other situations may be more complex and require more time. If you are unsure whether you could benefit from therapy, just come in and ask us how we might be helpful to you.

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MAKING AN APPOINTMENT
You can make an appointment by either coming to the Counseling Service during our office hours (8:30am-5:00pm M-F) or by calling 538-2037. The receptionist will arrange an Intake appointment for you at a time that fits your schedule. We try to accommodate requests for appointments as quickly as possible.

COUNSELING SERVICE GUIDING PRINCIPLES
Compassion
We aim to provide a caring and comfortable atmosphere in which students will feel heard and validated.

Neutrality
We provide a safe and nonjudgmental environment where students can share their concerns openly.

Sensitivity to Difference
The Counseling Service values the diversity of the MHC community. We welcome students of all ethnicities, religions, sexual orientations, gender identities, ages, body sizes, political beliefs, nationalities, abilities, and socioeconomic classes.

Teamwork Successful therapy requires teamwork between student and clinician. We want to work together to help you regain your health and optimal functioning.
Confidentiality
As clinical professionals, we believe in and adhere to the legal and ethical standards that protect your privacy and confidentiality.

SERVICES WE OFFER

Individual Therapy: We provide short term individual therapy. In these sessions, you and your therapist work together to discuss your concerns and goals!

Group Therapy: We offer a variety of topic-focused groups for students, designed to reflect the interests and needs of the MHC student community (e.g., relationship issues, eating issues, grief and loss, women of color).

Medication: We have a psychiatrist on staff who can meet with you and prescribe medication when needed.

Consultation: We provide consultation to students and other members of the MHC.

Referrals: Some students may wish to seek counseling services off campus. We will assist you in exploring referral options that meet your needs, both clinically and financially.

Outreach: We provide psycho-educational programs and workshops on a variety of mental health topics, based on the needs of the campus community.

Crisis Services: We provide urgent care/crisis services from 8:30 AM to 5:00 PM Monday through Friday. For emergencies after hours, dial Public Safety at ext. 2304. You may also call the Behavioral Health Network crisis line at (413) 733-6661.

COST
The Counseling Service provides short term individual therapy, referral for longer term therapy, consultation, group therapy, psychiatric evaluation and treatment to MHC students FREE of charge.
COUNSELING SERVICE STAFF

Beth Feeney, Ph.D., Director
Erik Zimmerman, M.D., Staff Psychiatrist
Devon Kelting, Psy.D., Staff Psychologist
Camilla Williams, Ph.D., Clinician
Anna Hope, Ph.D., Staff Psychologist (On leave academic year 08-09)
Charlene Voyer, Psy.D., Clinician
Michelle Carbonneau, LICSW, Staff Social Worker
Sara Hirst, M.S., Clinician
E’mett McCaskill, Ph.D., Clinician
Nancy Lalonde, Administrative Assistant
Sarah Bixby, Department Assistant

You will be assigned a clinician based on several considerations, including expertise, fit, and availability. You may request a specific clinician when you make an appointment, and we will try to accommodate you.

CONTACT INFORMATION

Mount Holyoke College Counseling Service
Pattie J. Groves Health Center
Mount Holyoke College
South Hadley, MA 01075

413-538-2037
Office Hours: 8:30am –5:00pm., Monday - Friday

www.mtholyoke.edu/offices/health/