

College Counseling Services – Class of 2015

University of Kentucky

www.uky.edu/StudentAffairs/Counseling/

Counseling Center: Consultation and Psychological Services (UKCC)

Phone: (859) 257-8701 Fax: (859) 257-3319

- Location: on the second and third floors of Frazee Hall, on Administration Drive next to the Student Center.
- Any student who is taking at least six credit-bearing hours at UK may use the services at the UKCC free of charge.
- Emergency: Walk into the center between the hours of 8 a.m. and 4 p.m. Mon-Fri, or **call UKCC at (859) 257-8701** & let the receptionist know that you have an emergency and need to talk to a counselor immediately.
- For substance use: can provide assessment, consultation, and counseling.

University of Louisville

louisville.edu/counseling/

Counseling Center

Phone: (502) 852-6585 EMAIL: coping@louisville.edu

- Location: 2207 S. Brook Street Louisville, KY 40292
- All currently enrolled University of Louisville students may use the Center's services at no cost.
- Provides short term individual, group, couples counseling, crisis intervention, and psychological testing.
- Hours: Monday, Tuesday, Wednesday & Friday: 8:00am to 5:00pm; Thursday: 8:00am to 6:00pm
- Emergency: If an emergency occurs during Counseling Center hours, you can contact the Center at 502-852-6585 or walk directly to the building. **Emergency Psychiatry at University of Louisville Hospital: 502-562-3120. UofL Department of Public Safety: 502-852-6111.**
- **Hope Now Hotline:** 502-589-4313. Hope Now Hotline is a 24/7 resource offered by a local Louisville agency: Seven Counties Services, Inc. Individuals who are deaf or hard of hearing can call using KY Relay at 711.

Northern Kentucky University

hcs.w.nku.edu/counseling.html

Health, Counseling, & Student Wellness

Phone: 859-572-5650 Fax: 859-572-5615 Email: hcs.w@nku.edu

- Location: Nunn Drive, University Center Suite 440 Highland Heights, KY 41099
- Hours: We are available to see patients Monday through Friday from 8:30 a.m. to 4 p.m.
- \$15 for individual sessions (out of pocket). Insurance accepted, so bring your insurance card. Often the co-pay (what you have to pay to insurance) is still greater than the \$15 fee.
- After-hours psychological crisis: (859) 572-7777. Call the University Police if you need assistance for on campus emergencies at 859-572-7777. Regional Crisis 24-Hour Hotline: (513) 281-CARE (2273)

University of Cincinnati

www.uc.edu/counseling.html

Counseling and Psychological Services (CAPS)

24 hour phone consultation: 513-556-0648

- Location: 225 Calhoun Street, Suite 200 next to Rue 21. You will need to use the intercom system on the left to enter the building.
- Hours: Mon. through Fri. 8 am - 5 pm. Most services are by appointment, but offer an urgent care walk-in service from 1- 4pm.
- Individual counseling sessions are \$60 each, often covered by insurance. Group therapy is free.
- Psychiatric Emergency Services, University Hospital: 513-584-8577 / Mobile Crisis Team: 513-584-8577
- Substance Abuse Assessment: (513) 281-7422
- UC Police Department (UCPD): Call 911. Non Emergencies: 513-556-1111

Western Kentucky University

www.wku.edu/heretohelp/

Counseling & Testing Center

Phone: 270-745-3159 Fax 270-745-6976

- Location: Potter Hall, Room 409 1906 College Heights Blvd #11024. Hours: Mon. – Fri. from 8am-4:30pm. There is a one-time \$20.00 fee for counseling services. For emergency and after hours information, call 270-745-3159.

Eastern Kentucky University

counseling.eku.edu

Counseling Center

Phone: (859) 622-1303

- Location: 521 Lancaster Avenue CPO 52, Whitlock Building Room #571
- HOURS: Fall & Spring: Monday through Thursday - 8am to 5pm; Friday - 8am to 4:30pm. Summer: Monday through Friday - 8am to noon, 1pm to 4:30 pm. Counseling is short-term with a limited number of session per student, free of charge.
- Walk-in appointments on a first-come-first-serve basis; Mon-Fri 8:00 am-11:00 am & 12:30 pm-3 p.m.
- Emergency: Baptist Health Hospital located on the Eastern Bypass (859-623-3131). Community Crisis Hotline: 1-800-928-8000
- ECU Campus Police: 1-859-622-1111; 2-1111 (from on-campus phone)

Thomas More College

www.thomasmore.edu/studentlife/counseling.cfm

Campus Counseling Center Phone: (859) 344-3521 Email: veronica.lubbe@thomasmore.edu

- Location: in the Administration Building. Services are strictly confidential and free to students at Thomas More College.
- For after hour emergency care contact the Public Safety Office at (859)341-4867
- Health Services X3529 / Women's Crisis Center - (859) 491-3335

Xavier University

www.xavier.edu/health-wellness/

McGrath Health and Wellness Center: Counseling Services / Phone: (513) 745-3022

- Location: 1714 Cleaney Avenue (next to the Cohen Center parking lot)
- Hours: Fall/Spring Semester – Monday through Friday, 8:30am to 5:00pm
- Professional outpatient counseling & psychotherapeutic treatment is available to students at no charge.
- On-campus Police: (513) 745-1000
- 24 hour local suicide hotline: (513) 281-CARE (2273)
- If you believe you have been the victim of assault, rape, harassment, discrimination, bullying, etc. call an advocate at 513-745-1000. Advocates are available 24 hours a day for emergency calls and will provide you with support and information about your options. Non-emergency calls will receive a response within 24 hours. Or you may drop by Xavier Women Center (Monday-Friday 2:00-3:00 p.m.) and an advocate will be there to talk with you. You can also email ghee@xavier.edu – Dr. Anna Ghee

Bellarmine University

www.bellarmino.edu/studentaffairs/counselingcenter/

Counseling Center

Phone: 502.272.8480

Email: [Ronda Purdy rpurdy@bellarmine.edu](mailto:Ronda.Purdy@bellarmine.edu)

- Location: 2120 Newburg Road (Bellarmine Office Building), Suite 403. You can either drive to the building or take the KnightLine shuttle van, which runs during the day and picks up at Petrik Hall, Horrigan Hall and the Bellarmine Office Building.
- The Counseling Center offers free, confidential personal counseling & consultation to students.
- After hours emergency: Campus Security: 502.272.7777. Campus Security will notify a counselor to assist with the situation.
- You may also contact the Seven Counties Crisis Line at 502.589.4313 or call 911.

Centre College

www.centre.edu/campus-life/student-life/health-wellness-2/

Parsons Student Health Center

Phone: 859.238.5530

Fax: 859.238.5380

- Location: Parsons Student Health Center (located on the lower level of Sutcliffe Hall) 309 College Street Danville, KY 40422
- Hours: Monday, Tuesday, Wednesday and Friday: 7:30 a.m. to 4 p.m. (closed from noon to 1 p.m. for lunch); Thursday 7:30 a.m. to Noon – Parsons is closed on Thursday afternoons for physical health care, but open for Counseling Services. Summer: Closed
- Centre Counseling services are available to every Centre student free of charge.
- For an after-hours counseling crisis that requires immediate attention, students may call 859.238.5740, and voicemail will give the emergency number. Department of Public Safety at 859.236.4357.

Transylvania University

www.transy.edu/campus/counseling.htm

Counseling Center

Phone: (859) 281-3682

Email counseling@transy.edu

- Location: in the back suite of the Campus Center. Hours: Appointments may be scheduled Mondays through Thursdays
- 24-hour Mental Health Crisis Line for Lexington, KY: 1-800-928-8000 (operated by Comprehensive Care)
- Bluegrass Rape Crisis Center: 253-2615 (Crisis Line is 253-2511 OR 1-800-656-4673)
- Good Samaritan Hospital Emergency Services for Behavioral Health: 226-7063

For Anyone

- **The National Suicide Prevention Lifeline: 1-800-273-TALK (8255)**
 - This 24/7 hotline is a national resource which connects you to the nearest crisis center to your location.
- **ULifeLine.org: 1-800-273-TALK (8255)**
 - ULifeline is an anonymous, confidential, online resource center, where college students can be comfortable searching for the information they need and want regarding emotional health.
- **National Sexual Assault Hotline: 800.656.HOPE (4673)**
 - Call to be connected with a trained staff member from a sexual assault service provider in your area.
 - Available 24 hours a day, 7 days a week. Confidential and private.
 - <https://oh.rainn.org/online/>
- **Alcoholism Hotline: 855-396-2923**
 - Call for a 100% confidential assessment
- **Suicide Prevention:**
 - A Friend Asks - This app offers tips for getting help for a friend (or yourself). Helpful information includes what to do RIGHT NOW as well as what NOT to do. <http://jasonfoundation.com/get-involved/student/a-friend-asks-app/>
 - LifeBuoy - This app is designed specifically to assist suicide survivors after a recent attempt. It offers a daily mood diary, suggestions for decreasing social isolation, and other ways to monitor increased warning signs of suicidality. <https://itunes.apple.com/us/app/lifebuoy-suicide-prevention/id686973252?mt=8>
 - ReliefLink - This award-winning suicide prevention app assists users with tracking daily mood/thoughts, creating a safety plan, locating the nearest hospitals, and obtaining quick-access to coping methods. <https://itunes.apple.com/us/app/reliefink/id721474553?mt=8>