



UNIVERSITY OF MOUNT UNION

**Equipping & Empowering
Our Students for Success**

Counseling Services Staff

CARMELLA HILL, Licensed Professional Clinical Counselor, Supervising (LPCC-S)
Director of Counseling Services

JULIE THORNBERRY, Licensed Professional Counselor (LPC) - *University Counselor*

LILLIAN "LILY" WILLIAMS, Licensed Professional Counselor (LPC) – *University Counselor*

OZZY CHANEY, Licensed Professional Clinical Counselor, Supervising (LPCC-S)
University Counselor



Empowering & Equipping Parents to Support the Success of Students

- Partnering with Counseling Services
- Collaboration with Accessibility Services
- Equipping Families & Students with Campus Resources



Parents/Families Partnering with Counseling Services

Parents/Families are early warning signs observers!

Check-in with your student to encourage prioritizing physical & mental well-being

Guide students on maintaining a routine, getting enough sleep, nutrition, and exercise.

Remind them of the importance of **self-care**, and encourage them to seek mental health services when needed.

Warning signs of difficulties with mental health & well-being

*Feeling overwhelmed/anxious/sad

*Difficulties with sleep/appetite *Loneliness/isolation

*Difficulties making friends/connections

*Struggles with academics

*Homesick/missing home/family/friends



Maintaining Confidentiality while Partnering for Safety

- **Counseling services are generally confidential**, meaning counselors cannot share whether a student is involved in services or session details without the student's consent.
- **Staff collaborate with parents** by sharing general wellness strategies, discussing policies, and acting as a bridge if parents spot early warning signs from home.
- **Wellness check or outreach available:** Parents can contact Counseling Services at counselingservices@mountunion.edu or (330) 823-2886



Collaboration with Accessibility Services

Counseling
Services
collaborates with
Accessibility
Services

If students have or need accommodation, **Counseling Services works collaboratively with Accessibility Services** to assist the student with the necessary paperwork.

It is better to have accommodation in place and not need them.

Types of accommodations: extended time for tests, quiet places to take tests, notetaking assistance...



Equipping Families & Students with Campus Resources



Counseling Services is here to support
student social & emotional well-being!

Check out our programs & resources!

THE UNIVERSITY OF MOUNT UNION

COUNSELING SERVICES

✓ FREE
✓ CONFIDENTIAL

✓ HPCC in Student
Affairs Suite

Available Services

Ongoing Counseling Services (weekly, bi-weekly, etc.)

Consultations (shorter, infrequent sessions)

Walk-In Hours:

Monday, Wednesday & Friday at 2pm-4pm (HPCC)

Tuesday & Thursday at 11am-1pm (HPCC)

CONTACT US:

Email: counselingservices@mountunion.edu

Phone: 330-823-2886

SCAN TO
CHECK OUT
OUR INFO!



Programs offered/collaborations

Collaboration with the office of Alcohol, Drug, and Wellness

- **Mindful Moments**

- Teaching mindfulness & social skills
- **Weekly: Mondays 12pm-1pm Outside of HPCC Room 63**
- ***Fall & Spring Semesters***

Counseling Services Programs

- **Campus Connect Games**
 - Teach social & communication skills, build resilience, improve confidence
- **Crafting Well-Being**
 - A creative space to relax, destress & learn new skills
- **Athletic Team Support groups**
- **Sound Bath Experience** (may vary between fall & spring semesters)
- **Question, Persuade, & Refer (QPR) Training**
 - Suicide Prevention training for faculty, staff, & students



The Raider Tranquility Space

~Relax & Unwind~

The space hosts an array of materials to help the campus community destress.

- ❖ Two full-body automatic massage chairs
- ❖ Virtual Reality Headset
- ❖ Audio/visual equipment
- ❖ Art Therapy materials
- ❖ Located off of the Quad entrance to the Dewald Chapel
- ❖ Campus members gain entry to the space using their Purple Plus Card



Thank you!

Wishing our students a successful
experience at Mount Union!