

**Counseling Center**  
**Plymouth State University**  
**1-603-535-2461**  
**Client Wait List Information**

- Due to the large number of students seeking counseling services, the Counseling Center may need to place students on a wait list. If on a wait list, when an appointment becomes available that matches your schedule, we will call you on the phone to offer the appointment. You might consider saving the Counseling Center as a contact on your phone, with whatever name you feel comfortable. Please note: the Counseling Center does not communicate via email or text.
- Please be sure to have your voice-mail set-up on your phone, so you can receive a message if you are unable to answer the call.
- If a message is left on your voice-mail, please call back that day to confirm or decline the appointment. If you do not return our call by the end of the next day, your name will be removed from the waiting list.
- Please be informed that if you do not arrive for your first scheduled appointment, your name will be removed from the waitlist and we will assume that you no longer need our services.
- If you are no longer interested in services at our Center, please contact us so we can remove your name from the wait list.
- While you are waiting for an appointment, you are invited and encouraged to use the following resources available to all PSU Students
  - WellTrack Boost Self-Help Therapy App
    - PSU students have free access to the WellTrack Boost app, which is an interactive self-help therapy app.
    - Provides various self-help therapy tools including videos on mental health, a Zen room, thought diary, information on cognitive distortions, fun achievements, activity scheduler, mood check, and wellness assessment.
    - It is also a gateway, or one stop shop, in providing all the referral information to various PSU and community resources for various challenges students might face (i.e. academic, financial, sexual violence, addiction, health and wellness, safety and security, community involvement/making connections, and career support). It includes the office name, location, phone number, email, point of contact, and link to the website for each office.
    - Students can simply download the WellTrack Boost app and register with their Plymouth.edu email address for free access to the app.
  - Get SMART- Self-Management and Recovery Training Group
    - Thursdays, 3:15pm-4:15pm in Hyde 221A
    - Topics include tools, skills, and application for managing and recovering from any addictive behavior/ harmful habit (e.g., substances, shopping, social media, sex, gambling, self-injury).
  - Self-Awareness through Self-Expression (SASE) Group
    - Tuesdays, 12pm-1:30pm in Draper & Maynard (D&M)- Room 311
    - Students will engage in art making to promote relaxation, self-soothing, personal growth and transformation, self-awareness and transcendence.

- Yoga Group
  - Fridays, 3pm-4:15pm in the HUB Fitness Studio
  - Students will engage in yoga practice. No experience necessary.
- PSU Counseling Center Website- Self-help section
  - <https://campus.plymouth.edu/counseling/self-help/>
  - Provides group workbooks (Anxiety Toolbox, Getting Unstuck-Depression, Seeking Serenity, and 3 Steps Forward)
  - Provides presentation slides on mental health/wellness and motivation
  - Provides links to websites with information on mental health
  - Provides links to videos about mental health
- If you decide that you want to pursue other counseling options, the local community mental health center, Lakes Region Mental Health, may be available to offer services. Additionally, there are other private counseling services in the community. You can contact your insurance company to find local counseling resources that are covered by your insurance.
- If you are in emotional crisis, or are having thoughts of suicide or homicide, during business hours please call us (603-535-2461) or come to the Counseling Center in person. Our hours are Monday-Friday 8am-4pm. If you are experiencing this, and the Counseling Center is closed, please call the NH Rapid Response/Lakes Region Mental Health Center at 1-833-710-6477 or 1-603-524-1100 (option 9).

#### **Off Campus Counseling Services Possibilities**

- Lakes Region Mental Health Center 1-603-524-1100
- Growing Roots 1-603-238-3149
- Mid-State Health Center 1- 603-536-4000
- You can also contact your insurance company or search online (e.g. PsychologyToday.com)

#### **Emergency/Crisis Resources**

- NH Rapid Response/Lakes Region Mental Health Center 1-833-710-6477  
or 1-603-524-1100 (option 9).
- Spere Hospital Emergency Room 1-603-536-1120
- University Police 1-603-535-2330 or 911
- National Suicide Prevention Hotline 988 (call or text)
- Crisis Text Line Text HOME to 741741
- SAMHSA's Disaster Distress Hotline 1-800-985-5990 (call or text)
- Transgender Crisis Hotline 1-877-565-8860
- LGBTQ+ Hotline 1-866-488-7386
- People of Color Crisis Text Line Text "STEVE" to 741741
- Veterans Help Line 1-800-838-2838