WHAT IS THE PERSONAL COUNSELING CENTER?

The Personal Counseling Center is a place where students can expect professional assistance with emotional, behavioral and psychosocial concerns. A counselor will listen, give feedback, encourage further questioning, validate self-awareness and responsibility, and support students as well as provide referrals to additional resources as needed.

WILL YOU TELL OTHERS WHAT I SAY?

Everything you say is confidential, we won't share information with anyone without your permission. No one can access your information except the counseling center staff. The only exceptions are situations where we are required by law or a life threatening situations exists.

MISSION OF DIVERSITY

The Personal Counseling Center supports the College's commitment to diversity as a Catholic and Dominican institution, as "a key component of our collective pursuit of truth, promoting rigorous exploration of diverse ideas and theories, critical engagement with the world, cross-cultural understanding, innovation in problem-solving, and collaboration across differences within and beyond the classroom." It also supports the College's commitment to "cultivating policies, practices, and structures that assure an equitable and hospitable community for all students, staff, and faculty."



A goal of Providence College is to help men build themselves into better, healthier and stronger men. Given the natural pressures of college, it is important for men to take care of themselves during their college career. It has been found that 1 in 4 students on a national level have a diagnosable mental health condition. Not seeking help while in college can make a preexisting condition worse and this can affect your university life.

On a national level, men are less likely to seek help for their mental health. Here at the Personal Counseling Center, 31% of the students that came in seeking care identified as male. It is a common misconception among males and our society to perceive men that get help as "weak" or "inferior", when in fact it is an act of bravery and resilience. Men are more likely to suffer alone due to the stigma that plagues over mental health and masculinity. Men are more likely to struggle than any other gender group with:

- Substance use disorders
- Gay men are more likely to develop mental health disorders than heterosexual men
- Suicide, which has been on the rise
- Depression

BREAKING THE STIGMA:

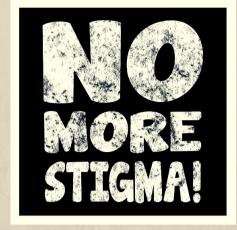
The mental health stigma is especially prominent among men. Stigma erodes confidence and places doubt and shame. It makes an individual think that what they are feeling is not real, and should be kept from others. Men for a long time have allowed stigma to erect barriers to effective treatment and recovery. It is time to take down the wall. Getting help is a sign of courage and strength.

WE CAN HELP WITH:

- Relationship conflicts
- Academics
- Sleep difficulties
- Substance use
- Depression
- Anxiety
- LGBTQ+ related issues
- Trauma and assault
- Identity development related issues
- Balancing the life of a student athlete
- Eating/Body image related issues
- Family and personal crisis
- OCD and Panic disorders

WHAT DOES THE PCC OFFER?

- Substance abuse evaluation
- · Individual psychotherapy
- Group therapy and workshops
- Consultation with faculty, staff and parent about students
- On-campus/off-campus referrals
- · Psychiatric consultation and ongoing care
- Anonymous online self-assessments



WHO CAN USE THE PCC?

Counseling services are available to all full-time undergraduate students at Providence College. We also offer referral and brief consultation services to all members of the Providence College community, including graduate students, and the school of continuing education.

HOW MUCH DOES IT COST?

Counseling services are provided to students free of charge.

SAFETY AND RESPECT

At the Personal Counseling Center, we seek to foster an environment that affirms diversity, by promoting awareness, safety, and respect for the God given dignity of all.

WHEN I AM READY, HOW DO I GET STARTED?

Contact the counseling center for an appointment 401-865-2343 or stop in our office. Intake forms are located on the PCC website.

LOCATION AND HOURS:

- Lower level of Bedford Hall
- Monday through Friday: 8:30 am -4.30 pm. Evening hours available by appointment only.

IN CASE OF AN EMERGENCY, WHAT DO I DO?

In case of an emergency during regular business hours, you can call the PCC at 401-865-2343. You can also call Public Safety at 401-865-2222.

ADDITIONAL CAMPUS RESOURCES:

- Dean of Students: 401-865-1782
- Health Services: 401-865-2442
- · Moore Hall
- SHEPARD Club (Stopping Homophobia Eliminating Prejudice and Restoring Dignity) Campus Ministry/Chaplain: 401-865-2216
- Public Safety: 401-865-2222 (Emergency)
- PC Day One Advocate: 401-865-1177

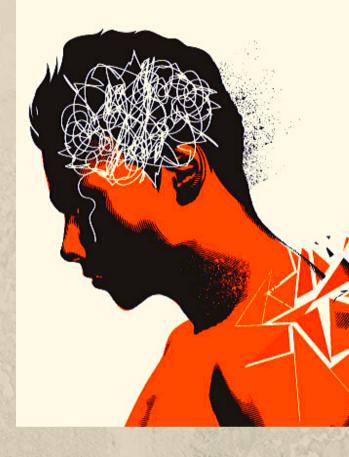
CONTACT US:

Phone: 401-865-2343 Fax: 401-865-1343

"Hope is being able to see that there is light despite all of the darkness."

-Desmond Tutu

References: Active Minds; MentalHealthAmerica.net; and National Institute of Mental Health



The Personal Counseling Center Services for Men

