

LGBTQIA+

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. The only exceptions are situations where we are required by law or a life threatening situation 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. "

HOW THE PCC CAN BE HELPFUL FOR LGBTQ+ STUDENTS

- Students who identify as LGBTQ+ are more than twice as likely as heterosexual adults to experience a mental health condition*
- Students who identify as LGBTQ+ at a higher risk of suicidal thoughts and suicide attempts than the general population*
- Students who identify as LGBTQ+ are more likely than others to have substance abuse problems
- Students who identify as LGBTQ+ may struggle with a low perceived sense of social support, familial support, institutional support, stigma and harassment*

RESILIENCY AND LGBTQ+ STUDENTS:

Although students who identify as LGBTQ+ face many obstacles during their college career, they also demonstrate great resiliency. Here are some helpful protective factors to always consider during your college career:

- Peer support
- Involvement in the campus community (campus clubs, leadership organizations)
- Connections to positive role models on campus (e.g. advisors, mentors)
- Family support and acceptance, especially when disclosing sexual identity
- School safety and classroom safety

"To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment."

Ralph Waldo Emerson

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 to 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 there is light despite of all the darkness."

-Desmond Tutu

Resources: National Alliance of Mental Health (NAMI)*; National Suicide Prevention Lifeline*; and The Trevor Project*



The Personal Counseling Center Services for LGBTQ+ Students



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