

# Counseling and Prevention Services

## Temporary Service Changes

**Effective Monday March 16 through Sunday March 22, 2020**

The Harris-Stowe State University Counseling and Prevention Services remains committed to supporting student wellbeing and resilience. In light of the campus transition to extend spring break another week, the Counseling Center recommendation is to limit personal contact to reduce the risk of infection. Therefore, the Counseling and Prevention Services is implementing the following temporary service changes:

**These changes are in effect from Monday, March 16 – Sunday, March 22, 2020:**

- 1. Counseling and Prevention Services will provide mental health services primarily by telephone:** (314)340-5089.
- 2. Psychotherapy groups and workshops will be temporarily suspended during this time period.** Group and workshop participants with questions may contact Counseling and Prevention Services by phone: (314)340-5089.
- 3. Four mental health emergencies:**
  - »» **In a life-threatening situation**, call 911.
  - »» **For non-life threatening situations**, Monday – Friday, 8:30 a.m. – 4:30pm. call Counseling & Prevention Services at: (314)340-5089 or (314)340-5053.
  - »» **For after hours / weekend situations, Campus Public Safety at 314-340-3333 or 314-280-9971.**
  - »» **For Crisis Hotline anytime after hours including weekends/holidays** call BHR (free of charge) Crisis Line: 314-469-6644 or 1-800-811-4760.
- 4. Students Interested In Initiating Services:** Please call Counseling and Prevention Services to speak to Dr. Connor or River Dowdy at (314)340-5089. We will assist you in getting your treatment needs met.
- 5. COVID -19 information link:** <https://www.cdc.gov/coronavirus/2019-ncov/about/coping.html>