



## Same-day Urgent Consultations

The UCC is aware that emergencies requiring immediate attention exist for students. Because of the demand on our services, we are not able to see most students immediately. This handout has been prepared to help you decide whether our urgent services are right for you.

Our urgent services are designed to assist students who are confronting current or recent traumatic crises, life-threatening circumstances, and serious mental health concerns.

**Examples** of such issues include:

- suicidal thoughts
- thoughts about harming another person
- recent assault or abuse
- concern about your own safety
- knowledge of another person being abused or assaulted
- hallucinations (hearing or seeing things that other people do not)
- recent death of a loved one

If you believe your situation is a crisis that cannot wait for a regularly scheduled appointment, please call the UCC at (616) 331-3266. A counselor will meet with you today to do a brief assessment and make recommendations as to how to proceed.

***This brief 30-minute urgent appointment will assess services needed.***