

## MENTAL HEALTH EDUCATION AND OUTREACH

The Kean Counseling Center homepage, at [www.kean.edu/offices/Counseling-Center](http://www.kean.edu/offices/Counseling-Center), offers links to free anonymous screenings for:

- Depression
- Bipolar disorder
- General anxiety disorder
- PTSD (Post Traumatic Stress Disorder)
- Eating disorder
- Alcohol abuse

We offer mental health education and outreach programs to the university community on topics such as:

- Stress management
- Drug and alcohol education
- Sexual assault awareness
- Partner/Domestic violence
- Suicide prevention

Consultation with members of the university community is an integral part of the services offered. Our clinical staff is available to consult with university staff and faculty upon request.

## EMERGENCIES

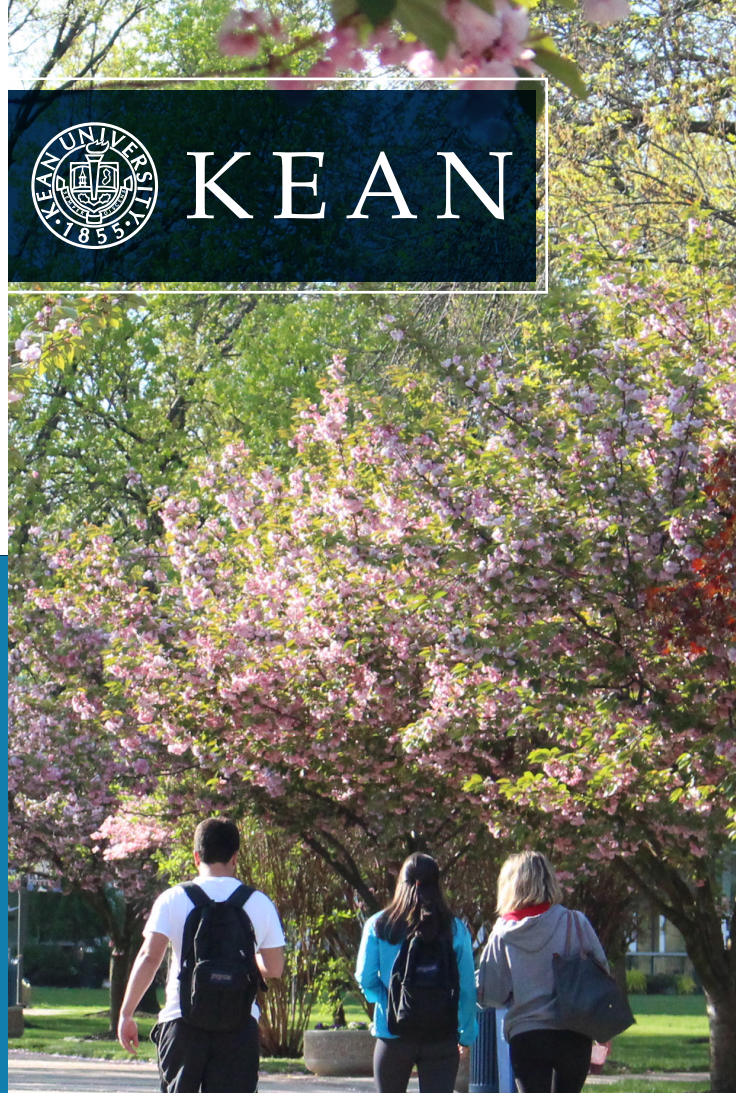
The counseling center staff is available to respond to emergencies Monday-Friday, 9am-5pm. If it is after business hours, please call the Kean Police at 911 or the Trinitas Hospital Psychiatric Emergency Room at 908-994-7137 (open 24/7 and located at 655 East Jersey Street, Elizabeth, NJ). Other resources include:

### National Suicide Prevention Hotline:

1-800-273-8255

### NJ Hopeline:

1-855-654-6735



WORLD-CLASS  
EDUCATION

## Kean Counseling Center

Office of Counseling  
and Disability Services

Downs Hall, room 127  
908-737-4850

[www.kean.edu/offices/Counseling-Center](http://www.kean.edu/offices/Counseling-Center)

DIVISION OF STUDENT AFFAIRS

For any questions or concerns,  
please contact:

Kean Counseling Center  
908-737-4850

### Office of Counseling and Disability Services

Downs Hall, room 127  
1000 Morris Avenue • Union, New Jersey 07083  
P: 908-737-4850 • F: 908-737-4855  
[www.kean.edu/offices/Counseling-Center](http://www.kean.edu/offices/Counseling-Center)





## WELCOME TO THE KEAN COUNSELING CENTER

College can be an exciting and rewarding time of your life, but it can also be a time of challenges and stress. These stressors, both large and small, can include:

- Academic worries
- Financial worries
- Social, romantic or family conflicts
- Drug/alcohol concerns or addiction
- Anxiety
- Depression
- Eating/body image concerns
- Gender identity/sexuality concerns
- Sexual or physical assault



## OUR SERVICES

- Individual assessment and short term counseling
- Group counseling
- Drug/alcohol screening, counseling and education
- Psychiatric services/medication management
- Referral to off-campus providers when warranted

## COUNSELING CENTER STAFF

The Kean Counseling Center is staffed by licensed professionals including psychologists, clinical social workers, a clinical alcohol and drug counselor and graduate level externs under supervision of professional staff. A board certified psychiatrist is available for consultation if it appears medication could be helpful. Psychiatric services are available only to students who are actively involved in ongoing treatment with one of our counselors.

## ELIGIBILITY FOR SERVICES

Our services are available for enrolled students of Kean University at no additional cost. Please note, Kean employees, even those who are also students, must utilize the mental health services provided through the university's Employee Assistance Program (EAP). For questions or to access services, contact Human Resources at 908-737-3300. If you have questions regarding which services are appropriate for you, call the counseling center at 908-737-4850.

## CONFIDENTIALITY

All records of the Kean Counseling Center are private and confidential. When a student comes to the counseling center, the information gathered does not become part of a permanent university record. It does not appear on any transcript or official document of any type. No one in the university or any other individual will be given information about a student without that student's written consent, except in special circumstances as required by law. A statement about this policy will be given to you during your first appointment and your counselor will be available to answer any questions you have.



## MAKING AN APPOINTMENT/ HOURS OF OPERATION

We encourage you to contact us with any concerns you may have. Appointments can be made in person or by telephone:

In the event of an emergency after hours, please contact the Kean University Department of Public Safety and Police at 9-1-1.

## KEAN COUNSELING CENTER HOURS OF OPERATION

### Location:

Downs Hall, room 127

### Fall/Winter/Spring hours:

Monday–Friday 9 a.m.–5 p.m.

### Summer hours:

Monday–Thursday: 8:15 a.m.–5:30 p.m.  
(Following University Calendar)

## ALCOHOL/DRUG SERVICES

Our Alcohol and Drug Services offer a range of prevention and intervention programs tailored to the university, including:

- Drug/alcohol screening
- Individual and group counseling
- Early intervention and educational programs

Comprehensive information, education and links for personal screenings (“**e-CHUG**” and “**e-TOKE**”) can be found on the Kean Counseling Center Alcohol and Drug Services page, [www.kean.edu/offices/counseling-center/alcohol-and-drug-services](http://www.kean.edu/offices/counseling-center/alcohol-and-drug-services), (AToD), [www.kean.edu/atod](http://www.kean.edu/atod).