

THE COUNSELING CENTER
Student Health Services
The University of North Carolina at Greensboro

WHAT TYPE OF SERVICES DO I NEED?

Name: _____

Student ID #: _____

Services at The Counseling Center are offered by appointment. However, we are aware that emergencies requiring immediate attention can exist for students. This form will help you evaluate your needs to determine whether it is appropriate to meet for a Crisis or Urgent appointment, or whether your needs would be better addressed by scheduling a Consultation appointment.

Please read the following descriptions and check any items that apply to you:

- I am currently so upset that I may be unable to keep myself or others safe.
- I have a current plan to attempt suicide or to harm someone else.
- I have been physically or sexually assaulted within the last few days.
- Someone close to me has died within the last few days.
- I am having strange experiences such as hearing voices or seeing things that others do not.
- I have knowledge of another person being abused or assaulted.
- I have witnessed a traumatic event within the last few days.

If you checked **ANY** of the above items please circle "**CRISIS**" below and give this form to the front desk staff. A counselor will meet with you shortly and do a brief assessment and make recommendations on how to best assist you with your situation.

If none of the above items apply but you believe your situation is urgent, please circle "URGENT" below and give this form to the front desk staff. You will be seen during our next available urgent appointment.

If none of the above items apply and you would like to see a counselor during the next available appointment please circle "**NEXT AVAILABLE**" below. The front desk staff will schedule you with the next available appointment.

CRISIS

URGENT

NEXT AVAILABLE

Signature: _____

Date: _____