

## **Counseling and Accessibility Services Center is now open for Confidential Zoom Video Therapy Sessions for students, staff, and faculty.**

The Counseling and Accessibility Services Center of Sul Ross State University's Alpine campus has been conducting telephone therapy sessions since the start of the COVID-19 Stay-at-Home orders. The Center, however, will now be scheduling online confidential (HIPAA compliant) Zoom video therapy sessions. To make an appointment, please complete and return the Electronic Informed Consent Form.

You will also need to send a photo of your face with your SRSU photo ID next to it, which shows your A-number on it. Here is an example of what we need:



When we get those two documents we will contact you to make the appointment.

You may also call 432-837-8203 or email [rebecca.wren@sulross.edu](mailto:rebecca.wren@sulross.edu) or [danielle.pertuso@sulross.edu](mailto:danielle.pertuso@sulross.edu) to make an appointment, but this may delay your session because we will need to send you the Student Informed Consent Form and wait until you return that completed.

Because of the nature of online platforms, this therapy is **NOT** for those who have severe mental health disorders (psychosis, for example) or for those who may be suicidal. We ask that if you are suicidal that you contact 9-1-1 Emergency Services, the National Suicide Prevention Hotline at 800-273-8255, or PermianCare in Alpine, Texas at 432-837-3373 (or the State/Community Mental Health Agency in your area).

If you are a student in on-campus housing, you may also contact your Resident Assistant (RA), call the Res Life office at 432-837-8190 or after hours call the on-call phone 432-294-0520 (North side) or 432-294-0464 (South side) so that they can help you.

Because of the high demand for counseling services, we are trying to keep our sessions to 30 minute. With this in mind please come to your sessions with your 'session goals.' You may choose to have sessions through our HIPAA compliant Zoom video conferences/sessions, or via telephone sessions. Please stipulate your preference.

The Counseling Center is also starting weekly Zoom Group Meetings. One will be exclusively for Students, and another will be exclusively for Faculty and Staff. These are not group THERAPY sessions, but a meeting place where people can talk about the stressors of the COVID-19 experience, from loneliness and isolation, to anxiety, fears, frustrations (with family and others), classes/work, and life in general. It will also be a place where participants can share with others what has worked for them in combating the negative effects of this new way of living. You can join this group and also receive individual tele-therapy, and no one in the group will know you are a therapy client. If you are interested in joining this group meeting, please contact The Counseling Center's office (432-837-8203 or email [rebecca.wren@sulross.edu](mailto:rebecca.wren@sulross.edu) or [danielle.pertuso@sulross.edu](mailto:danielle.pertuso@sulross.edu)) to be put on a contact list. We will send you an Electronic Informed Consent Form (for you to complete and return to us), a list of 'general guidelines for participating in online Group Meetings,' and a request that you take a photo of yourself with your SRSU photo ID that shows your A-number. We will then contact you and send you connection information for the meetings.

*Your SRSU Counseling & Accessibility Services Center is looking forward to helping you.*