

WMCC

The Counseling Center is designed to provide short-term, time-limited counseling, in order to offer services to as many students as possible. In keeping with the mission of the **Division of Student Affairs**, the Counseling Center strives to provide brief treatment in order to facilitate adjustment, improve functioning, achieve resolution of problems, and to relieve acute symptoms as soon as possible.

For those students whose presenting issues suggest a need for more long-term services, the staff at the Counseling Center can help facilitate a referral to private mental health care in the community. Counseling Center services will not be an appropriate substitute for long-term, intensive psychological services. Some common examples of issues that may be more suited to an outside referral include but are not limited to:

- student issues that may require more than weekly appointments
- student issues which require a specific type of therapy not practiced by staff
- student issues which required long-term, ongoing psychotherapy before coming to William & Mary
- student issues that tend to worsen in short-term counseling

If you are unsure whether or not the Counseling Center services are the best fit for your needs, our staff will be happy to meet with you to discuss your individual situation.