

Cowley College
Referral to Student Life Counselor

Instructions: To make a referral to the Student Life Counselor, please fill out this form completely. Send the original of the form to the Student Life Counselor in a sealed envelope. Keep a copy for your records. Provide the student with a copy of the resource page. Advise student to attempt to contact the Student Life Counselor as soon as possible. Inform the student that the Student Life Counselor will use the information provided to attempt to make contact.

Date of referral: _____

Name of person making referral: _____

Location: Arkansas City SSEC Other: _____

Telephone: _____ Email: _____

Relationship to student being referred (e.g. advisor, instructor): _____

Name of student being referred: _____

Student address: _____

Student telephone: _____ Student email: _____

Brief description of student's issues: _____

Feedback needed from Student Life Counselor (check one):

- None
- Attendance only (requires student authorization)
- Assessment and recommendation (requires student authorization)
- Ongoing progress reports (requires student authorization)

Please note: If feedback has not been received when requested, please contact the Student Life Counselor.

CRISIS SITUATIONS: In situations in which a student is threatening harm to self or others, it is NOT sufficient to provide a referral. In this case, one of the resources listed below must be contacted immediately. Please check which of these resources was provided to the student in crisis:

- Not Applicable
- CCCC Student Life Counselor
- CCCC Health Services
- Community Mental Health Center Crisis Services
- Hospital emergency room
- Police

A mental health resources list is printed on the back of this form.

Mental Health Resources for Cowley College Students

It is strongly recommended that Cowley College students in need of mental health resources begin by contacting the Cowley College Student Life Counselor:

Roy Reynolds

Telephone: 620-441-5228 or 800-593-2222 ext. 5228

Office: Nelson Student Center, Arkansas City

Address: 125 S. Second, P.O. Box 1147, Arkansas City, KS 67005

Email: reynolds@cowley.edu

The services of the Student Life Counselor are confidential and free of charge to all Cowley College students. The counselor works directly with students to help them meet their mental health needs, or if the student prefers, works with students to help them find other resources for meeting these needs. You need not identify yourself in order to call for information.

For students who prefer to not contact the Student Life Counselor, it is recommended that the following resources be considered:

Your family doctor (for a referral to a counselor or therapist)

A counselor or therapist that you have worked with previously

A counselor or therapist recommended by a friend or family member

Your community mental health center:

In Cowley County: Cowley County Mental Health @ 620-442-4540 or 620-221-9664

In Sedgwick County: COMCARE at 316-660-7540

In other counties: contact the Student Life Counselor for contact information

CRISIS SITUATIONS: In a situation in which you are thinking about harming yourself or another person, it is recommended that you contact one of the following immediately:

In Cowley County: Cowley County Mental Health 24 hr. emergency number:
620-442-4554 or 620-221-9686

In Sedgwick County: COMCARE of Sedgwick County Crisis Services:
316-660-7500

1-800-SUICIDE (a nationwide suicide prevention referral service)

Your local hospital emergency room

911