

# Shoreline Community College Counseling Center

## Guide to Consultation for Employees and Student Referral

The staff at the Counseling Center are here to provide support and consultation to campus employees, students, parents, friends or others when there is concern about a student's well-being.

Consultations may focus on concerns about a specific student; behavioral problems which occur in the classroom or other setting, or other issues that may have important psychological dimensions.

Some of the ways the **Counseling Center** may help employees and others assist students:

- Assessing the seriousness of the situation
- Suggesting potential resources
- Finding the best way to make a referral
- Scheduling an appointment for the student to meet with a counselor (if the situation constitutes a crisis, the student may be seen immediately)
- Reaching out to a student of concern

**For consultation or support**, please contact Sheryl Copeland, Counselor and Interim Director, at 206-533-6712, [scopeland@shoreline.edu](mailto:scopeland@shoreline.edu), or the Counseling Center front desk at 206-546-4594.

Any time you perceive *imminent physical danger* to yourself or any other individual; call **911 (9-911 on campus)** immediately **AND** Campus Security at **206-235-5860**. If in the classroom, you can use **LYNX** Emergency Alert.

### When to Refer

Consider referring a student to the Counseling Center if you notice any signs or reports of the following:

- You find yourself doing what feels like counseling with a student
- Expressing thoughts of suicide, hurting self or others, self-injury
- A student seems excessively tired, anxious, depressed, irritable, angry, or sad
- You notice marked changes in a student's appearance or habits (e.g., deterioration in grooming, hygiene, weight loss, interpersonal withdrawal, acceleration in activity or speech, or change in academic performance)
- A student seems hopeless or helpless

- A student's use of alcohol or other substances interferes with her/his relationships or work
- A student's thoughts or actions appear bizarre or unusual
- Sexual harassment to include domestic violence and sexual assault ([Please see Title IX reporting requirements](#)).

### How to Refer

When you have determined that a student might benefit from professional counseling, it is usually best to speak to the student in a direct manner that will show your concern for their welfare. Be specific regarding the behaviors that have raised your concerns, and avoid generalizing about the individual.

Except in emergencies, the option must be left open for the student to accept or refuse counseling.

If the student agrees to the referral, you or the student may call or visit the Counseling Center to make an appointment. Students often appreciate a campus employee walking them to the Center for a warm handoff. The student's first meeting at the Counseling Center will typically be an intake interview in which the student and the counselor make decisions about the type of help needed.

In cases where the student refuses an attempted referral and you continue to be concerned about their welfare, feel free to call the Counseling Center for a consultation.

Learn more about the **Shoreline Community College Counseling Center**:

[www.shoreline.edu/counseling-center](http://www.shoreline.edu/counseling-center) |  
206-546-4594 | FOSS 5245

### After Hours

For **consultation and 24/7 crisis support** outside of the Counseling Center's normal business hours call:

**King County Crisis Line | 866-427-4747**

**Snohomish County Crisis Line | 800-584-3578**

**911 (9-911 on campus)** for *immediate health-related emergencies* **AND** Campus Security at **206-235-5860**. If in the classroom, you can use **LYNX** Emergency Alert.