

Counseling: Our Services

Personal Development and Counseling (PDC) services is located in Wellness Services and is open Monday through Friday from 8 a.m. to 5 p.m. Our services are designed from a "wellness" perspective and support the University's mission to develop the whole person: personally, academically, socially, spiritually, and physically. Our services promote lifelong learning, provide you with the appropriate skills to encourage you to be well-rounded citizens and live healthy lifestyles. The following services are available to all Northwest students regardless of age, sex, race, or ability. University faculty and staff may come in for consultation and referral assistance.

The staff at the PDC are professionally trained to handle a host of needs ranging from depression, anxiety, and sleep deprivation - to providing tips on stress management, healthy relationships and personal development.

Confidentiality Statement

Personal Development and Counseling Services maintains a professional commitment to protect your right to confidentiality. Counseling often involves the disclosure of sensitive personal information. Any information you share with PDC staff members is protected by professional ethics and state law. The records maintained by the counseling staff are not part of your academic record.

No information will be released about you except under the following circumstances:

- Imminent threat to harm self or others
- Child or elder abuse
- Written release from you
- Court ordered subpoena - under this circumstance, every effort will be made to obtain your permission as well.

If you are under the age of eighteen (18), the staff will work with your guardian(s) to obtain majority status for you in regard to client confidentiality.

If you are 18 years of age or older, you are no longer considered a minor. Therefore, your records will be kept confidential, and we will not speak about you with anyone else, without your written permission, unless we're concerned that you present a psychological or physical danger to yourself or others, in cases of child/elder abuse or neglect, or in the rare instances when a court of law could subpoena Counseling Center records.

If you have questions or concerns, you are encouraged to discuss them with a staff member.

Guidelines For Faculty and Staff

How to Help an Emotionally Distressed Student

Any member of the Northwest Missouri State University community may come into contact with a distressed student. Many students come to the attention of faculty or staff through journal entries or papers. Being aware of distress signals, methods of intervention, and sources of help for the student can help you feel more in control of situations that may arise. The mental health professionals at the Counseling Center are available to faculty and staff for consultation. Feel free to call us at 562-1348 if you would like to discuss any of these situations further. You may also refer to the section on [handouts](#) for more specific information.