

University Counseling Center



CONTACT INFORMATION

Location: The University Counseling Center is located on South Belvoir Boulevard, next to the Center for Career Services and the tennis courts.

John Carroll University
University Counseling Center
2567 South Belvoir Boulevard
University Heights, Ohio 44118

Telephone: 216.397.4283

Fax: 216.397.4297

Website: www.jcu/counseling

Emergency after hours: 216.397.1234

Staff: John Ropar, Ph.D., Director
Mary Beth Javorek, Ph.D.
Mary Ball, Ph.D.
Mary Beth Kelley, Secretary



20700 North Park Boulevard
University Heights, Ohio 44118
www.jcu.edu



College students face a variety of challenges during their years of study, including growing into adulthood, developing new relationships, and discovering and committing themselves to a career path. Many students seek counseling to support their personal development. In counseling, they are able to discover more about themselves and to become more competent and confident, in both their work and their relationships with others.

COUNSELING CAN HELP

You do not have to have a major mental health concern to seek assistance from the University Counseling Center. There are a variety of areas where we can help:

- Anxiety
- Depression
- Relationships
- Loneliness
- Adjustment to college
- Roommate problems
- Stress
- Family difficulties
- Test anxiety/study skills

SERVICES OFFERED

Counseling services are provided free of charge to students enrolled at the university. Information shared in counseling sessions and counseling records are kept confidential in accordance with Ohio state law and professional ethical standards. Our services include:

Individual counseling: Students can receive short-term, individual counseling support for a wide variety of issues and concerns.

Consultation services: Faculty, staff, parents, and students who are concerned about someone else can consult with staff.

Psychiatric services: A contracted psychiatrist is available at the counseling center every other week to provide assessment and medication monitoring for students engaged in counseling services.

Educational workshops and self-help resources: Our staff offers workshops and programs that support student development to the entire campus community. We can work with specific groups, such as residence halls, student organizations, or departments, to facilitate various presentations or trainings. Self-help brochures on a wide variety of topics are available free of charge at the counseling center and on our website.

Referrals: We provide referral information and can help connect students to support services both on and off campus, including community agencies and private psychotherapists.

HOW TO SCHEDULE AN APPOINTMENT

An initial appointment can be scheduled anytime Monday through Friday between 9:00 a.m. and 5:00 p.m. by calling us at 216.397.4283. The session usually lasts 50 minutes.

We offer an emergency consultation time each day to assist students experiencing an urgent concern or crisis.

Counseling center staff can be reached for emergency consultation during regular office hours by calling 216.397.4283.

If a life-threatening emergency occurs after hours or on a weekend, students should contact Campus Safety Services at 216.397.1234 or contact local resources such as The Cuyahoga County 24-Hour Mental Health Hotline at 216.623.6888 or the Suicide Prevention Hotline at 1.800.SUICIDE.