



## Virtual Counseling Center Office Hours General Information and Consent

*Please review prior to attending*

Counseling Center office hours provide drop-in 15-minute consultations via ZOOM with University Counselors or Clinical Interns. No appointment is necessary. Speaking with a counselor can help provide insight, solutions and information about other helpful resources. Office hour visits do not constitute mental health treatment and are not meant for crisis situations. These visits occur in a format where you may need to wait briefly before speaking to the counselor on duty.

Please be aware that this format is for general support and connection for those who attend. Counselors may need to share information in a situation where safety for yourself or others is a concern. As with all online activity, privacy cannot be guaranteed.

If you are wanting to schedule a private, brief phone consultation with a counselor, you can request this option through our website or by calling 303-273-3377.

If you are in crisis, please contact Colorado Crisis Services at 1-844-493-8255 or text TALK to 38255, call 9-1-1 or go to your nearest emergency room. Office Hours are not equipped to support crisis or emergencies.

Counselors keep brief written notes of their contacts with students. Attendance information is collected so we can keep track of the students we serve. Visits to office hours are not considered part of a student's official university record.

If you have further questions, please ask the counselor on duty during Office Hours.

This notice will be reviewed with you when you join the moderator of Office Hours. By connecting to our virtual service, it is expected that you read this information and are in agreement with its contents.

Thank you for your participation.