



Dear Faculty and Staff,

As we continue to support one another following the tragic events of this past Monday the Counseling Center team wanted to remind the campus community of the many ways we are here to provide support and guidance.

Our Center operates from a comprehensive counseling center model and as such we have four broad operational areas: Direct clinical services, Outreach and Prevention services, Consultation, and as a Training Center for future mental health professionals. Specifically regarding clinical services, we operate utilizing an absorption model, meaning we do not have wait times for those in need of immediate services. Each day we have **drop in hours** from 2:00 to 4:00 PM. At any time, we also offer **immediate crisis** services, with no appointment being necessary. Monday evenings, the Center is open to 7:00 PM for later appointments.

Following the traumatic events of Monday, it is also important for faculty and staff to know we offer **consultation services** both for personal support and in-classroom facilitation of difficult conversations. We are here to consult with faculty and staff to support their needs and concerns. Long-term mental health services are available for faculty and staff through the employee assistance program (EAP) at www.guidanceresources.com.

Lastly, the Counseling Center number is available **24-hours for crisis intervention** with licensed mental health professionals on duty. Our number is **903.886.5145**. Should you have any questions or concerns, please contact me at your earliest convenience.

Warm regards,

A handwritten signature in blue ink, appearing to read "Nick Patras", with a long horizontal flourish extending to the right.

Nick P. Patras, Ph.D., LPC-S, NCC
Director

Counseling Center

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