

Plymouth State University Counseling Center

1-603-535-2461

Client Wait List Information

- Due to the high student demand for counseling services and limited resources, the Counseling Center may need to place students on a wait list.
- If on a wait list, when an appointment becomes available that matches your schedule, we will call you on the phone to offer the appointment. You might consider saving the Counseling Center as a contact on your phone, with whatever name you feel comfortable. Please note: the Counseling Center does not communicate via email or text.
- Please be sure to have your voice-mail set-up on your phone, so you can receive a message if you are unable to answer the call.
- If a message is left on your voice-mail, please call back that day to confirm or decline the appointment. If you do not return our call by the end of the next day, your name will be removed from the waiting list.
- Please be informed that if you do not arrive for your first scheduled appointment, your name will be removed from the waitlist and we will assume that you no longer need our services.
- If you are no longer interested in services at our Center, please contact us so we can remove your name from the wait list.
- While you are waiting for an appointment, you are invited and encouraged to use the following resources available to all PSU Students.
 - WellTrack Boost Self-Help Therapy App
 - PSU students have free access to this interactive self-help therapy app, by downloading the app and registering with their Plymouth.edu email address.
 - The app provides various self-help therapy tools including videos on mental health, a Zen room, thought diary, information on cognitive distortions, fun achievements, activity scheduler, mood check, and wellness assessment.
 - It is also a gateway, or one stop shop, in providing all the referral information to various PSU and community resources for various challenges students might face (i.e. academic, financial, sexual violence, addiction, health and wellness, safety and security, community involvement/making connections, and career support). It includes the office name, location, phone number, email, point of contact, and link to the website for each office.
 - Self-Management and Recovery Training (SMART)- (with Counseling Center staff)
 - Topics include tools, skills, and application for managing and recovering from harmful habits or addictive behaviors (e.g., substances, eating challenges, binge gaming, over-exercise, social media, wasteful spending, performance anxiety, toxic relationship patterns, procrastination/avoidance, self-harm).
 - Check the PAW calendar for days, times, and venue.
 - Mindfulness and Yoga Group- (with Counseling Center staff)
 - Learn mindfulness techniques, yoga poses, and breath work to reduce stress
 - Check the PAW calendar for days, times, and venue.
 - Mental Health Movie Group- (with Counseling Center staff)
 - Themes of the movies/video clips will include: coping skills and resiliency, dealing with anxiety/stress, dealing with depressed mood, processing emotions, self-compassion, social connections, healing from loss, and more.
 - Check the PAW calendar for days, times, and venue.
 - PSU Counseling Center Website- Self-help section

