# Michael L. Fischler Counseling Center
# Plymouth State University
### 1-603-535-2461
### Client Waitlist Information- Fall 2026

- Due to the high student demand for in-person counseling services and limited resources, the Michael L. Fischler Counseling Center (the Center) may need to place students on a waitlist.

- If on a waitlist, 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 Center as a contact on your phone, with whatever name you feel comfortable. Please note: the 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 waitlist.

- 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 the Center, please contact us so we can remove your name from the waitlist.

- While you are waiting for an appointment, we encourage you to consider accessing the following resources available to all PSU Students.
    - TimelyCare- Online counseling and support
        - PSU has partnered with TimelyCare to deliver a virtual health and well-being platform.
        - The service provides PSU students with 24/7 access to virtual care at no cost.
        - Students can go to timelycare.com/plymouth or directly download the TimelyCare app from the app store to register with their school email address.
        - Services available:
            - TalkNow: 24/7, on-demand emotional support.
            - Scheduled Counseling: 12 visits per year
            - Self-Care Content: 24/7 access to self-care tools and resources (ie.. videos and articles)
            - Peer Community: An anonymous and judgment-free space where you can connect with, react to, and support other students going through similar situations.
            - MedicalNow: 24/7, on-demand medical care.
            - Scheduled Medical
    - Michael L. Fischler Counseling Center Psychoeducation Groups
        - Please refer to the PSU PAW platform to see open psychoeducational group offerings, including dates/times and locations.
    - Michael L. Fischler Counseling Center Website- Self-help section
        - https://www.plymouth.edu/counseling-center/mental-health-resources/self-help-resources
        - Provides group workbooks (Anxiety Toolbox, Getting Unstuck-Depression, Seeking Serenity, and 3 Steps Forward).
        - Provides links to videos and websites with information on mental health.
    - Office of Student Advocacy and Well-Being (Speare 202)
        - Provides student support, advocacy, and resource navigation services and oversees the CARE (Concern, Awareness, Referral, and Engagement) process.
        - Offers various groups and events including Ear Acupuncture; Collegiate Recovery; Courageous Conversations; Therapy Dogs; Alcohol Skills Training; etc.
        - https://www.plymouth.edu/office-student-advocacy-well-being
        - Matthew Toms, Executive Director for Student Advocacy, Well-Being and Crisis Intervention (matthew.toms@plymouth.edu or 1-603-535-2405).

- Reflection and Spiritual Care Center (in Samuel Read Hall building, across from Lamson Library)
  - Houses United Campus Ministry Spiritual Wellness Collaborative and Office of Campus Ministry
  - Open to and respectful of people of faith and of different perspectives.
  - Kate Neal, Head Campus Minister (Kate.Neal@plymouth.edu or 1-603-535-2673)

**Off Campus Counseling Services Possibilities**

- If you decide that you want to pursue other counseling options, the local community mental health center, Lakes Region Mental Health, may be available to offer services (1-603-524-1100).
- Additionally, there are other private counseling services in the community. If you have health insurance or an Employee Assistance Program (EAP), you can contact them to find local counseling resources that may be covered. You can also search online (e.g. PsychologyToday.com).
- Possible off-campus counseling resources:
  - Lakes Region Mental Health Center at 1-603-524-1100
  - Growing Roots at 1-603-238-3149
  - Mid-State Health Center at 1-603-536-4000
  - Premier Health Psychiatry (Dr. Richard Nasstrom) at 1-603-945-8048

**Emergency/Crisis Resources**

- If you are in emotional crisis, or are having thoughts of suicide or homicide, during business hours please call us (603-535-2461) or come to the Michael L. Fischler Counseling Center in person. Our hours are Monday-Friday 9am-4pm during the academic semesters.

- If you are experiencing this, and the Michael L. Fischler Counseling Center is closed, please call the NH Rapid Response/Lakes Region Mental Health Center at 1-833-710-6477 or 1-603-524-1100 (option 9). You might also consider accessing TimelyCare TalkNow (timelycare.com/plymouth).

- You might also consider the following resources:

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| Speare Hospital Emergency Room | 1-603-536-1120 |
| Plymouth Police Department | 1-603-536-1804 or 911 |
| National Suicide Prevention Hotline | 988 (call or text) |
| Crisis Text Line | Text HOME to 741741 |
| SAMHSA's Disaster Distress Hotline | 1-800-985-5990 (call or text) |
| Transgender Crisis Hotline | 1-877-565-8860 |
| LGBTQ+ Hotline | 1-866-488-7386 |
| People of Color Crisis Text Line | Text "STEVE" to 741741 |
| Veterans Help Line | 1-800-838-2838 |