

SCHEDULE AN APPOINTMENT WITH Counseling Services

AT WINTHROP UNIVERSITY

First Time Appointments

First time coming to see us?
(Or perhaps it's been a year or two?)

We'll schedule your first (intake) appointment for TODAY - we don't pre-schedule these, so if you want to come in on Tuesday, you'll make the appointment on Tuesday morning.

You can schedule via the [Patient Portal](#) or call the front desk at 803-323-2206.

In Case of Emergency

If there are no intake appointments available, you can still talk to a counselor! On the Patient Portal, return to the appointment scheduling and choose "call back from same day counselor" as the appointment type. Or, you can call the front desk and request a call back from a counselor today.

Either way, you'll need to complete some forms on the portal - after you submit those, the counselor will return your call within 90 minutes.

Coming Back to Counseling

If you've met with a counselor here in the **past year**, you can schedule an appointment through the front desk (call 803-323-2206) - or e-mail your counselor.

These appointments are "Intake Returns," so you don't have to go through the Same Day Intake process all over again.

Ongoing Appointments

After your first (same-day intake) appointment, you will be able to schedule your follow-up sessions with your ongoing counselor.

All your follow-up appointments will be scheduled ahead of time, so you can find something that works with your schedule.

Counseling for Trauma

If you've experienced trauma (recent or in the past), and are ready to address it in counseling, you can get connected to a trauma counselor in one of two ways:

- Follow the instructions above to get an intake with general counseling - once here, ask if SATS (Student Advocacy and Trauma Support) counseling would be a good fit.
- Contact the SATS coordinator, Itali Jackson (jacksoni@winthrop.edu), for a consultation and ask to begin counseling. This is a good option if you need other resources (housing, legal, advocacy) beyond counseling.

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