

## Counselor Contact Information

**Ms. Marisa Schuster, LPC, NCC, DCC**  
*Director of Counseling & Disability Services*  
St. Joe's, Room 101  
(814) 886-6336 mschuster@mtaloy.edu

### Office Hours

**Monday – Friday**  
**8:30am – 5:00pm**

\*Walk-ins are welcome, however; to be guaranteed the time you need, appointments are recommended.

### Crisis Numbers

#### Contact Altoona:

(814) 946-9050

#### Cambria County Crisis:

1-877-268-9463

#### Women's Help Center:

(814) 536-5361

#### Suicide Prevention Hotline:

1-800-273-TALK (8255)

# Counseling Topics

(Not all-inclusive)

- ◆ Anxiety
- ◆ Grief
- ◆ Stress
- ◆ Self Esteem
- ◆ Anger Management
- ◆ Relationships
- ◆ Time Management
- ◆ Adjusting to campus life
- ◆ Conflicts

# Counseling Services



100 St. Joseph's Hall

# When Should I See a Counselor?

Everyone has stress. Sometimes it helps to talk with someone about how to cope if the stress becomes too much to handle.



Sometimes we need help with time management. Maybe it would help to talk about relaxation tips. Learning to cope with grief and loss may help lessen our sadness.

Do you tend to worry about everything at once and it's impacting your moods? Why not talk with us and see how you can learn to reduce your stress?



Cambria County Crisis 1-877-268-9463

# Do You Experience Any Of These?

- ◆ Significant decline in school or work performance
- ◆ Sleep disturbance
- ◆ Withdrawal from friends, family & activities
- ◆ Suicidal thoughts
- ◆ Substance abuse
- ◆ Prolonged sadness
- ◆ Excessive worry
- ◆ Appetite changes
- ◆ Intense mood fluctuations
- ◆ Intense feelings of guilt
- ◆ Not feeling like yourself
- ◆ Auditory or visual hallucinations, seeing or hearing things that are not present
- ◆ Decreased energy



# FAQ'S??

**Q: Is there a fee for Counseling services?**

A: No. However, if there is a need for long-term counseling, a referral can be made for off campus resources which may incur a fee.

**Q: Will my teachers find out what I discuss in therapy?**

A: No. Communications within the counseling sessions are held confidential\*

**Q: How long is a counseling session?**

A: It ranges from 30 to 45 min.

**Q: How do I start counseling?**

A: Stop in the Counseling Office in St. Joe's Room 100 or call ext. 6515



*\*Please speak with the Counselor about limits to confidentiality*