

OUR STAFF

Director

Melinda Miller, CAS, LMHC

Counselors

Michael Herzog, LCSW

James Sheppard, NCC, LMHC

Christina Snell, LMHC

Secretary

Tammy Harradine, KBII



**KEEP
CALM
AND
CALL A
COUNSELOR**

CRISIS CONTACTS

University Police

(315) 386-7777

Resources:

Health Center

315-386-7333

Health Educator/Wellness Coordinator

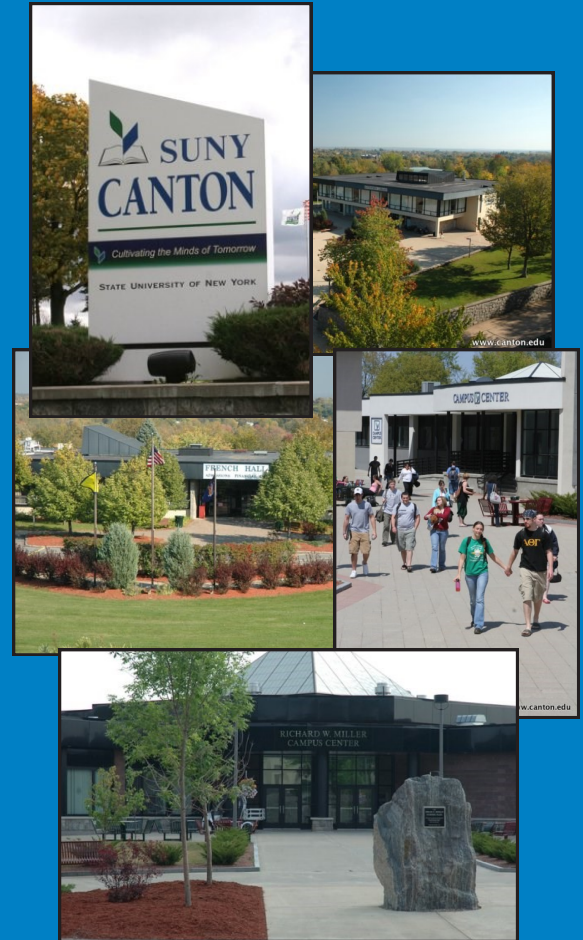
315-386-7958

Advising Drop-In Center

315-379-9845

Career Services

315-386-7119



**SUNY Canton
Counseling
Center**

Updated September 2014

Counseling is...

According to the American Counseling Association, counseling is defined as a professional relationship that empowers diverse individuals, families, and groups to accomplish mental health, wellness, education, and career goals.



Overview

The Counseling Center works to promote a safe and positive atmosphere on campus. Our goal is to create an environment which is conducive to learning and developing a healthy lifestyle. Workshops, educational programs, and activities contribute to overall student development. We acknowledge that students achieve their unique qualities through interpersonal contacts, becoming aware of their own individuality, and realizing that they are capable of making responsible choices.

The Counseling Center is designed to provide short-term counseling. For individuals who require treatment beyond the scope of our staff, referrals are made to community-based services

Services Offered

- ◇ Individual & group counseling
- ◇ Consultation
- ◇ Crisis Intervention
- ◇ Educational programs (classes, dorms)
- ◇ Informational tables
- ◇ Referrals
- ◇ Awareness Day/Month Events
(National Depression Screening Day)

Services are free & confidential

Common Topics in Counseling

- ◇ Depression
- ◇ Relationship Problems
- ◇ Anxiety
- ◇ Stress Management
- ◇ Anger
- ◇ Adjustment Issues
- ◇ Eating Disorders

Who We Serve

Counseling is available to all current SUNY Canton Students

The Employment Assistance Program is available for Faculty, Staff, and their family members seeking services.

How to Make a Appointment

Call our secretary at 315-386-7314 or stop by the Counseling Center located in the Miller Campus Center 225.

Contact Information & Hours

SUNY Canton Counseling Center
34 Cornell Drive
Miller Campus Center, Suite 225
Canton, New York 13617

Phone: (315)386-7314

Fax: (315) 386-7004

Open Hours:

(During Academic Year)

Monday - Friday:

8:00am to 4:30pm



About SUNY Canton

SUNY Canton is Northern New York's four and two-year college for technology, health, management and public service. SUNY Canton offers nearly 20 majors leading to bachelor's degrees, more than 20 programs leading to associate degrees, and several programs leading to one-year certificates.