

OUR STAFF

Director

Melinda Miller, CAS, LMHC

Counselors

Jennifer Polniak, LMHC

Erin Scoon, LMHC

Jim Sheppard, LMHC

Secretary

Tammy Harradine, Secretary 1

CRISIS CONTACT
University Police
(315) 386-7777

How To Refer a Student

Call our office at
(315) 386-7314

OR

Stop by our office!
Miller Campus Center 225



Resources

Health Center
(315) 386-7333

Wellness Promotions
(315) 386-7958

Student Accessibility Services
(315) 386-7392

Advising Drop-In Center
(315) 379-3954

Career Services
(315) 386-7119



Updated March 2022

SUNY CANTON Counseling Center



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.



Our 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 are Free & Confidential

Counseling

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

Services Offered

- Individual counseling
- Consultation
- Crisis Intervention
- Educational programs (classes, dorms)
- Referrals
- Informational tables
- Mental Health Awareness Events
- National Depression Screening Day

Common Topics in Counseling

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

Who We Serve

Counseling is available to all students currently enrolled at SUNY Canton.

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

How to Make an Appointment!

Call our office at
(315) 386-7314

OR

Stop by our office!
Miller Campus Center, Suite 225

Hours of Operation
(During Academic Year)

Monday - Friday
8:00 AM to 4:30 PM



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.