A confidential counseling service is available to all staff and faculty members to assist with personal issues, tensions and stress before they lead to more serious difficulties.

Supervisors may contact the Counseling Connection for assistance and advice in identifying and approaching distressed employees and referring employees to this service.

**Why would I use the Counseling Connection?**
Counseling services help with concerns such as relationship and family difficulties, stress, depression and anxiety, bereavement, substance abuse, eating disorders, and crisis intervention.

**Counselors**
Our staff consists of licensed psychologists and M.A. and Ph.D. interns who provide counseling under direct supervision of a licensed psychologist.

**Confidentiality**
The Counseling Connection protects your privacy. Confidentiality is regulated by state and federal laws as well as our professional licensing regulations. Strict rules of confidentiality are observed.

**Cost**
Staff and faculty members are eligible for up to three, 45-minute sessions for $20 per session.

If additional sessions are desired/recommended, the staff or faculty member can elect to continue at the rates provided below or go to a counselor of their choosing or one suggested by their health plan.

The cost beyond the initial three sessions is as follows:
- **$20** for each additional session if your annual income is less than $25,000.
- **$30** for each additional session if your annual income is from $25,000-$40,000.
- **$50** for each additional session if your annual income is from $40,000-$60,000.
- **$70** for each additional session if your annual income is $60,000 and above.

Fees can be paid by cash or check. Use of these services is reimbursable through the health care reimbursement account if you have selected this as part of your benefit plan.

**Contact**
To make an appointment, please call (248) 370-3465.

Appointments are generally available from 8 a.m. to 5 p.m. Monday through Friday. Evening appointments are occasionally available. Time off work is handled the same way as you would handle a medical appointment.

If you have an emergency outside of working hours, you are encouraged to contact Common Ground, a local crisis intervention organization that is staffed around the clock and allows you to speak to someone about your concern immediately. The crisis line for Common Ground is (248) 456-0909 or toll free (800) 231-1127.