Confidentiality
We are firmly committed to keeping the information you share confidential, including your attendance and participation in counseling. We do not, and are not legally permitted to, discuss your information with anyone — including university officials, faculty members, parents or outside agencies — without written authorization from you.

Exceptions to this rule are made when:

- You or someone else is in imminent danger of serious harm
- A child or other dependent is being abused
- A court order requires release of records

The office is staffed with licensed professional counselors.

Hours
Monday and Tuesday, 8:30 a.m. – 4:30 p.m.
Friday, 8:30 a.m. – 2 p.m.
Office hours vary during holidays and semester and summer breaks.
Call (260) 266-8060 or (800) 721-8809 to schedule an appointment. Walk-ins are also accepted during normal office hours.
Email: Counseling@indianatech.edu

Location
Indiana Tech Wellness Clinic
Andorfer Commons – Student Affairs Suite
Room 150
1600 E. Washington Blvd.
Fort Wayne, IN 46803
Indiana Tech recognizes that university students are faced with many challenges inside and outside the classroom. Circumstances may demand more than everyday abilities and resources. In challenging times, working with a qualified counseling professional can help students return to their normal levels of functioning and aid in the prevention of more serious problems.

**Overview of services**
The Indiana Tech/Parkview Student Assistance Program offers a variety of short-term counseling and consultation services to address the needs of students. All services are confidential and provided in a welcoming, comfortable setting, regardless of race, gender, religion, ethnic background, age, sexual orientation, citizenship or presence of a disability.

**Eligibility**
All currently enrolled Indiana Tech students are eligible for our services, including up to six full counseling sessions per year. Family members and significant others are eligible, when seen with the student. There is no charge for these services.

**Services**

**Intake, assessment and referral**
The first appointment allows a student and a counselor to get to know one another and formulate a plan of action. This meeting is usually structured, as it involves the completion of initial paperwork. In some cases, the student and the counselor may agree to facilitate a referral to a community agency.

**Individual counseling**
Students are able to meet one-on-one with a counselor to discuss a variety of problems including (but not limited to):
- Depression
- Anxiety
- Identity issues
- Anger
- Stress
- Relationship problems
- Substance abuse

**Couples counseling**
Couples counseling can help couples determine and work through the influences putting stress on their relationships. While the goal is often to help couples repair their relationships, counseling can also help couples end relationships in a healthy and respectful manner.

**Consultation**
Consultation services are offered to meet a variety of student needs, including concerns about another student who may be:
- Experiencing emotional problems
- Displaying irrational behavior or behavior out of the norm
- Exhibiting signs of substance abuse

**Workshops**
Workshop presentations are available on a variety of topics in the areas of mental health, communication and conflict resolution. Call the Student Assistance Program to discuss the specific interest of your group or organization.