

Service description – Ariadne’s Thread Psychological Consultation Service

Services Provided

As a student of the University of Debrecen, you have the possibility to receive mental health support. Psychologists of the Institute of Behavioural Sciences provide services based on their free capacities.

Psychological consultation can have both risks and benefits. Consultation may elicit uncomfortable thoughts and feelings. However, psychological consultation can also lead to better interpersonal relationships, improved academic performance, solutions to specific problems and reductions in your feelings of distress. There is no assurance of these benefits.

Confidentiality

In keeping with ethical standards of our professional staff, all information shared with your psychologist (except noted below) is confidential. No information will be released without your consent.

There are specific and limited exceptions to this confidentiality which include the following:

- A. If there is evidence of clear and imminent danger of harm to self and/or others, a therapist is legally required to report this information to the authorities responsible for ensuring safety.
- B. The counselling staff works as a team. Your therapist may consult with other counselling staff to provide the best possible care. These consultations are for professional and training purposes and clients remain anonymous.
- C. When a valid court order is issued for psychological records, the clinician and the agency are bound by law to comply with such requests.
- D. The service does not provide clinical information or release records to government agencies, current or future employers or others, even with your permission.

Counselling Policies

Although the service tries to arrange initial assessments as soon as possible, longer wait times are common during busy periods of the year.

If you consider your situation an emergency please visit the university doctor. If you have an emergency where you or someone else is at risk, call 112 or go to the nearest emergency room.

Many issues typically encountered by university students can be addressed with the brief therapy we provide. Your initial comprehensive assessment will be devoted to defining your concerns, developing a treatment plan, and determining whether „Ariadne’s Thread” can meet your needs.

Non-compliance with the plan we develop to assist you may result in the termination of services.

The service is financially supported by the University. Students’ contribution is 1500 HUF/session (50 minutes) and it needs to be paid by a yellow check provided by your counsellor.

Appointment Accountability

Please arrive on time for your appointments. Missed appointments reduce our capacity to provide services to you and other students. If you are unable to keep your appointment, please write your counsellor to cancel as far in advance as possible. No-showing or cancelling

appointments with less than 24 hours' notice more than two times may result in discontinuation of Ariadne's Thread's services. In the event of a cancellation or no-show, you are responsible for confirming or scheduling your next appointment.

Office hours: only by appointment! We have no drop-in hours.

Our **consultation room** is on the Augusta Campus, in the Institute of Behavioural Sciences.

Contact us via e-mail: ariadne@sph.unideb.hu