

木禾心理

校园资讯资源整合



JOHNS HOPKINS
UNIVERSITY



木禾心理
Mood Psychological Counseling

资源整理使用须知及转载说明

本资源整理由**木禾心理咨询部**进行整理及部分翻译。信息来源为学校咨询中心网站。资源内的电话，地址，链接以及活动详情内容请以学校官网为最终标准。

木禾心理旨在为华人留学生提供更方便的心理健 康 资源。**禁止对本资源整理进行二次修改及上传。**如需转载本资源整理，请注明出处。谢谢！

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简介

咨询中心名称: Homewood Student Affairs Counseling Center

咨询中心介绍:

- Our mission is to facilitate the personal growth and development of students. Our services are designed to enhance the **personal and interpersonal development** of students and to maximize their potential to benefit from the academic environment and experience.

校园资讯中心官方网站: <https://studentaffairs.jhu.edu/counselingcenter/>

收费: No cost for services.

Covid information: 所有服务都改为远程线上。

联系方式

- **Phone:** 410-516-8278
 - 如果在工作时间外打电话, 请拨打410-516-8278后按1, 联系on-call counselor。(24/7)
- **Hours:**
 - Monday: 8:30am - 5pm
 - Tuesday: 8:30am - 5pm
 - Wednesday: 8:30am - 5pm
 - Thursday: 8:30am - 5pm
 - Friday: 8:30am - 5pm
- **Location:**
 - 3003 N Charles St, Homewood Apartments, Suite S-200, Baltimore, MD 21218
 - 从South Entrance进入, 人行道旁有指示牌。
 - 需要用你的J-Card刷卡进入楼内。
 - Counseling center在二楼(电梯2F)。

Eligible Schools & Programs:

School/Program	Who's Eligible?
Krieger School of Arts and Sciences	Undergraduate and graduate students currently enrolled in full-time programs
Whiting School of Engineering	Undergraduate and graduate students currently enrolled in full-time programs
Peabody Conservatory	All students of the Peabody Conservatory (Students at Peabody Preparatory are not eligible)
Post-Baccalaureate Pre-Med	All students enrolled in the program

* 详情请点击链接, 网站列出了 Counseling Center不服务的群体

: <https://studentaffairs.jhu.edu/counselingcenter/about-us/eligibility-for-services/>

服务介绍

如果你是第一次到咨询中心的新同学：

- 必须先进行Remote Drop-In Hours (详情见下文)。

如果你之前已经使用过咨询中心的服务：

- 可以直接打电话预约，也可以通过Remote Drop-In Hours。
- 如果你需要换一位咨询师，可以打电话预约，讨论更适合你的服务。

* 更详细的内容可以查看官网：<https://studentaffairs.jhu.edu/counselingcenter/our-services/>

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服务介绍 - Remote Drop-In Hours

- **Brief consultation** with a counselor to receive support, discuss concerns, and develop a plan to reach goals
- 给Counseling center打电话并留言，一小时内会收到回复，然后需要花 1-2小时完成paper work(包括basic demographic info, concerns, history)。接下来，和一位咨询师一起通过电话讨论咨询计划。
- *Available most weekdays
- *Summer Remote Drop-In Hours
 - Mondays, Tuesdays, Thursday, Fridays: 9-11am, 1-3:30pm
 - Wednesday: **Crisis only**

服务介绍 - Mental Health Workshops

- *Homewood和Peabody的学生可免费参加
- *通过Zoom举行
- *Sign-up: <https://studentaffairs.jhu.edu/counselingcenter/our-services/outreach-workshops-programs/>
- Workshops包括:
 - Mindful Living Workshop
 - The Anxiety & Stress Management Skills Workshop
 - Living Your Best Life Workshops
 - Friday International Coffee Break
 - Mindful Yoga
 - Wellness Workshops
 - Understanding Procrastination
- 需要request的项目:
 - Outreach Program
 - QPR Suicide Prevention Training

服务介绍 - Group Therapy

Counseling groups让学生可以与有类似经历的同伴交流感受, 互相支持。Groups分为两类:

Treatment groups

- 咨询师为治疗提供者, Group screening for fit required, 需要一定的commitment
KSAS, WSE, Peabody的, 在Maryland的学生可以参加
- Treatment groups包括:
 - Asian & Asian American Students Process Group(针对亚裔美国学生及亚洲留学生)
 - Graduate Student Therapy Group(针对研究生在人际交往方面的挑战)
 - Substance Change Group(针对想要控制酒精药物摄入的学生)...
 - 更多groups及详细介绍请查看以下网址。

Drop-in groups

- 非治疗, 没有名单, 不需要很多commitment
- 不需要是Counseling Center的client
- Drop-in groups包括:
 - Pandemic Support Group (针对因疫情产生的困境的支持)
 - Parenting Support Group (针对身为父母的学生)
 - ...
 - 更多groups及详细介绍请查看以下网址。

* 详情请查看: <https://studentaffairs.jhu.edu/counselingcenter/our-services/group-therapy/>

服务介绍 - Brief Goal-Focused Individual Therapy

- 一对一咨询, 和咨询师一起确立一些在几个sessions就可以完成的目标
 - 把大目标转换为更manageable的小目标
- Session数没有要求, 平均值为不到5个sessions。
- 一般为weekly或bi-weekly。

服务介绍 - Psychiatric Evaluations and Medication Management

- 精神科&药物治疗
- 现在提供线上远程服务, 可以打电话联系Counseling center.
- <https://studentaffairs.jhu.edu/counselingcenter/our-services/cc-services-during-covid-19/>

服务介绍 - Referral Assistance

- 如果你需要off-campus的心理服务(包括ongoing open-ended treatment, more frequent or more specialized services)
- Online database of local mental health providers:

jhu.thrivingcampus.com

服务介绍 - Crisis and Emergency Services

- 如果你需要紧急帮助, 请查看下一页的表格:
- 官网详情: <https://studentaffairs.jhu.edu/counselingcenter/our-services/crisis-and-emergency-services/>

现在是什么时间？

		周一至周五, 8:30-5:00 (不包括学校节假日)	晚上, 周末, 节假日, 以及其他时间
发生了什么事？	I feel upset and think it might help to talk to someone. But the problem doesn't need to be solved urgently. (不紧急)	给Counseling Center打电话, 使用Remote Drop-In Consultation, 或是预约近期的咨询。	等到早上给Counseling Center打电话, 使用Remote Drop-In Consultation。 也可以打给on-call-counselor. (410-516-8278 按1) 现在, 你可以查看一下self-help的资源 (https://studentaffairs.jhu.edu/counselingcenter/self-help-and-assessments/self-help-resources/)
	I feel upset and can't seem to calm myself. It would really help if someone could make things better right now. (有些紧急)	可以尝试self-help的资源。 (https://studentaffairs.jhu.edu/counselingcenter/self-help-and-assessments/self-help-resources/) 如果仍感到distressed, 请联系Counseling Center, 使用Remote Drop-In Consultation。	可以尝试self-help的资源。 (https://studentaffairs.jhu.edu/counselingcenter/self-help-and-assessments/self-help-resources/) 也可以打给on-call-counselor. (410-516-8278 按1)
	I am in a lot of distress and feel that I may be a danger to myself or to others. I need help now. (非常紧急, 可能会有危险)	如果你认为你可能会伤害自己或是他人, 请打911, 或是Security: (Homewood @ 410-516-7777), (Peabody @ 667-208-6608) 如果你认为你不会伤害自己或他人(或者你不确定), 请给Counseling Center打电话, 使用Remote Drop-In Consultation。	如果你认为你可能会伤害自己或是他人, 请打911, 或是Security: (Homewood @ 410-516-7777), (Peabody @ 667-208-6608) 如果你认为你不会伤害自己或他人(或者你不确定), 请拨打给on-call-counselor (410-516-8278 按1)

资源介绍

Self-help 自助

- <https://studentaffairs.jhu.edu/counselingcenter/self-help-and-assessments/self-help-resources/>
- 列出了学生中常见的一些问题和自助方法，例如睡眠，人际关系，完美主义等。

疫情期间的自我情绪管理

- <https://studentaffairs.jhu.edu/counselingcenter/wp-content/uploads/sites/36/2020/08/emotional-self-care-duing-covid-19-pandemic.pdf>

SilverCloud

- Cognitive Behavioral Therapy (CBT) 的线上课程。
- 对所有JHU full time学生24/7免费开放。
- <https://studentaffairs.jhu.edu/counselingcenter/wp-content/uploads/sites/36/2020/02/silvercloud-faq.pdf>

资源介绍

Self-assessment 自我评估

- Stress and Depression Questionnaire
 - 匿名线上工具。一位JHU的咨询师会根据你的回答提供 personalized feedback。可以匿名和咨询师简单了解有关资源。
 - <https://jhu.caresforyou.org/welcome.cfm>
- ULifelineSelf - eValuator
 - 匿名线上工具。当你或你的朋友有困难时可使用。
 - *Not monitored by Counseling Center staff
- e-CHUG
 - 酒精摄入评估。
 - 包括Personal risk patterns, individual level of alcohol tolerance, unique family risk factors, harm reduction strategies, helpful resources.

其他资源

Worried about someone?

- <https://studentaffairs.jhu.edu/counselingcenter/worried/>

On-Campus

- 校内不同的心理和健康援助中心开放时间和联系方式。
- <https://studentaffairs.jhu.edu/counselingcenter/additional-resources/on-campus-resources/>

Off-Campus

- 包括一些校外的emergency room和clinics的联系方式
- <https://studentaffairs.jhu.edu/counselingcenter/additional-resources/off-campus-resources/>

在Counseling Center可能会用到的表格:

- <https://studentaffairs.jhu.edu/counselingcenter/forms/>

References:

<https://studentaffairs.jhu.edu/counselingcenter/>

<https://studentaffairs.jhu.edu/counselingcenter/our-services/crisis-and-emergency-services/>

<https://studentaffairs.jhu.edu/counselingcenter/our-services/outreach-workshops-programs/>

<https://studentaffairs.jhu.edu/counselingcenter/our-services/group-therapy/>

<https://studentaffairs.jhu.edu/counselingcenter/worried/>

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