



SAINT IGNATIUS

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Mental Health Counseling Services

Students face many demands and challenges and are currently dealing with an ever-growing list of stressors. Some of these stressors are school related while others might involve difficulty with family, relationships, grief or future plans to name just a few. Some might be dealing with anxiety, depression, substance use and other mood related issues. Some issues might be recent, while others might be something the student has been dealing with for some time. Any challenges faced by students today impact them in some way.

Mental health counseling provides support, guidance, and a safe space while exploring therapeutic interventions aimed at addressing emotional, social, psychological, and behavioral challenges. It gives students the opportunity to explore and understand their emotions, identify triggers, and cope with stressors by developing healthy coping strategies.

Mental health counseling is being offered during school hours so students can access services quickly and easily. It will be provided based on referrals from faculty and staff or by student or family request. These services are for students not already involved in any counseling outside of the school. **All referrals must go through the student's School Counselor.**

Once a referral is received by the social worker, the parent/guardian will be contacted to go over any questions or concerns and to sign a consent for treatment if wanting to move forward with services. It is important for parents to be involved in the process so they can better understand the immediate issues, learn how they can best help, and manage their own stress and concerns. It is also important that the student has a desire to participate in mental health counseling. Once a Consent for Treatment is signed, an assessment is completed to gather family history, current concerns and functioning and to set goals for treatment.

The social worker is a neutral, supportive guide and will assist in facilitating discussions with family, faculty and staff as needed. Mental health education is also provided to assist both the student and family in navigating the challenges effectively. Overall, mental health counseling can strengthen relationships, improve emotional well-being, and empower both the student and family.

Examples of concerns that can be addressed in counseling:

Moodiness	Stress/excessive worry	Grief and loss
Sadness	Agitation/easily frustrated	Body image concerns
Anxiety/panic attacks	Obsessive-compulsive thoughts/behaviors	Substance use
Anger	Guilt	Self-harm
Relationship issues	Shame	Self-esteem struggles
Difficulty sleeping	Loneliness	Future planning
Depression	Divorce/family concerns	Irritability
Social withdrawal/isolation	School issues	Racing thoughts
Thoughts of suicide	Phobias	Motivation
Organization/time management	Addictions	Fears

This is not an exhaustive list so if you do not see your concern or your student's concern listed, please still reach out to the School Counselor to discuss.

The Social Worker does not do court ordered treatment, custody evaluations, or any psychological testing. If you have any concerns regarding your student's learning differences, please contact our School Psychologist Bethany Baker, Psy.S. at bbaker@ignatius.edu. If after discussing concerns with the Social Worker and it is decided that it is not within her scope to treat, assistance in finding a community provider will be offered.

Mental health counseling is being provided by Carolyn Szweda, LISW-S. Carolyn has been a Licensed Independent Social Worker since 1998 and has been providing individual and family counseling for the past 23 years.

Carolyn Szweda, LISW-S can be reached at cszweda@ignatius.edu or 216-651-0222 Ext. 4268.

