



Loras College Counseling Center Services Frequently Asked Questions

Tricia Borelli, MA, LMHC - Director of Counseling Services
Elizabeth Ramos, MS, LMHC – Counselor
Open Weekdays 8-4:30 p.m. Closed from 12-1230p.m.
Some evenings as needed

What types of issues are commonly seen by the counselors at Loras?

Students often come to the Counseling Center to help them deal with things that are interfering with their ability to be successful in college. Common issues seen in the center including anxiety, depression, issues of adjustment, grief and loss, family problems, relationship issues, eating disorders, substance abuse, trauma, learning differences, stress, etc.

How do I know if my student needs counseling?

Students can benefit from counseling if the stress that they are experiencing is making it difficult for them to perform to their ability academically, socially, emotionally, physically or if they are considering leaving Loras.

How does my student go about making an appointment with the Counseling Center?

Students can drop by the Counseling Center or email tricia.borelli@loras.edu or elizabeth.ramos@loras.edu.

Will anyone find out if my student accesses services through the Counseling Center? Will the counselor notify me if there are concerns about my student?

If the student is not a risk to themselves or others, no one will know that the student has been to counseling without the student's permission. Because students are usually 18 years or older, parents are not contacted without a release of information from the student.

Can my student afford counseling?

Counseling Services are free to students. If a referral is given for outside services, students may often use their insurance or pay out of pocket.

How do I know if counseling can help my student?

Counseling provides a safe place for students to process issues with a professional and make a plan going forward to minimize stress. Sessions typically last about 50 minutes but don't always last this long. Sessions can be held once or ongoing throughout the school year, depending on need. The best way to know whether counseling is appropriate for a student is to have them make an appointment.