

COUNSELING SERVICES

HEALTH AND WELLNESS CENTER | OLIVET COLLEGE



Initial consultations for counseling services are currently being offered to all students by an on-campus licensed professional counselor. These free, 30-minute confidential meetings are to discuss the student's concerns, develop a plan and determine the best service to address any continued needs. Some goals of an initial consultation may be to plan for safety; to arrange to have ongoing individual counseling off-campus; to feel better, get a different perspective or solve a problem; or learn a skill or technique to reduce distress.

Initial consultations are available:

- Tuesdays 9 a.m. to 12 p.m.
- Thursdays 1 p.m. to 4 p.m.
- Fridays (virtually) 10 a.m. to 3 p.m.

To schedule an initial consultation:

Visit olivetcounseling.titaniumhwc.com to schedule an initial consultation and fill out pre-appointment paperwork. Please email counseling@olivetcollege.edu with any questions about counseling services.

If you are experiencing a mental health emergency or need immediate support, please call the Olivet College 24/7 support line at 877-650-8875 to speak with a licensed counselor.

Erica Pearson, Ph.D., LPC, NCC
Director of Counseling, Health and Wellness
Mott Academic Center Room 212A
epearson@olivetcollege.edu
269-749-6678

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HEALTH SERVICES

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Olivet College and Sparrow Health System have partnered to provide virtual health services through MySparrow to students, faculty and staff. MySparrow services include a symptom checker to determine if COVID testing is needed; access to on-demand video visits with an urgent care provider from your smartphone, tablet or computer for non-emergencies; and access to test results.

Virtual health visits are available Monday through Sunday from 8 a.m. to 8 p.m.

To schedule an appointment with a Sparrow medical provider, create an account at **sparrow.org/olivetcollege**. Prior to a video visit, check out the insurance plans that participate with Sparrow or call 517-364-7999 to speak to a billing representative.

If you are experiencing a medical emergency, please call 911 or contact one of the following locations:

Sparrow Eaton Hospital
321 Harris St., Charlotte
517-543-1050

Oaklawn Medical Group
202 N. Main St., Olivet
269-749-2131

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WELLNESS SERVICES

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Mind Spa

The Mind Spa is a private, safe space for relaxation and wellness at no charge to students, faculty and staff. The Mind Spa is located within the Health and Wellness Center and provides many tools and resources to practice mindfulness, manage stress and recharge.

These resources and more are available in the Mind Spa room:

- Light therapy box
- Meditation pillow and mat
- Affirmation cards
- Aromatherapy
- Coloring books and markers
- Zen garden
- Weighted blanket
- Nature sound machine
- Mindfulness meditation videos

**Resources subject to change due to COVID-19 safety precautions.*

The Mind Spa is open from 9 a.m. to 5 p.m. on Fridays. To schedule a 20-minute time slot, please visit calendly.com/ocmindspa or email counseling@olivetcollege.edu. Walk-ins are welcome!

BeWell@OlivetCollege

The BeWell@OlivetCollege program offers educational content, self-help tools and resource links. You can access this material through the Wellness Hub by visiting connectwellnesshub.com. Select "Olivet College" for specific campus resources and events. You can also download the CampusWell app to your iOS or Android phone or tablet.

Students can call the Olivet College 24/7 support line at 877-650-8875 for mental health crises or emergencies, general support or assistance connecting with an ongoing therapist.

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