How Counseling Can Be Helpful

If you are anxious, having depressed thoughts and feelings, are having trouble concentrating, have a family or relationship problem, have something in your life you want to change, or simply want to be your best, counseling can help you feel better and perform better.

NYCC Counseling Services are entirely confidential, and by law do not become part of your academic record. Services are free to all students, faculty, and staff at the College.

Check out our Website!

Find out more about our services, and link to mental health and wellness web sites around the globe by going to:

https://www.nycc.edu/CommunityHealth_CounselingServices.htm

NYCC Counseling Services

Phone: 315-568-3064
Fax: 315-568-3881
E-mail: counseling@nycc.edu

https://www.nycc.edu/CommunityHealth_CounselingServices.htm
Counseling services are available at no charge to NYCC students. They are also available on a short term, no charge basis to NYCC faculty and staff.

We can help with a variety of issues such as:

- academic difficulties
- anxiety
- depression
- family problems
- relationship concerns
- grief and loss
- issues related to abuse
- eating disorders
- body image
- stress
- couples therapy
- conflict mediation
- issues of difference
- assertiveness
- time management
- phobias

Referrals to outside mental health service providers and support groups are also available.

Consultation

These services are offered to students, faculty, staff, and administrators who wish to share concerns regarding individual students or have questions about campus-wide mental health issues.

Campus Wellness

Our staff is available to provide workshops, training seminars and other programs aimed at improving the health and well-being of the campus community.

Scheduling

To make initial and/or follow-up appointments with a Counselor, please call or see Sue Sinicropi at the Academy for Academic Excellence and Student Success in the Anatomy Center (basement of the Library) LL5. If scheduling by phone, dial 315-568-3064 or e-mail ssinicropi@nycc.edu

Counseling offices are located in LL7 B&C in the Anatomy Center (basement of the Library.)

Confidentiality

Counseling is a place to go to talk about things you don’t want just anyone to know. We are required to maintain confidentiality by state and federal law. For more information ask us for a copy of our confidentiality policy.

Staff

Eve Abrams, LMSW
Counselor

Eve provides counseling services to the campus community of students and their significant other, faculty and staff. These services include, but are not limited to, assessment, provision of direct counseling, advisory and related support services, client referral, crisis intervention, training, outreach, and consultation.

Eve collaborates with clients to establish and sustain emotional well being in relational, academic, and spiritual dimensions. “I believe that a better understanding of any issue or event, current or past, and the ability to effect change, are always possible through the cultivation of mindful attention. Come find out about the art and science of mindfulness!”

John Bailey, LMHC
Counselor

John joins Eve in providing counseling services, including individual and group counseling, consultation, and outreach, to members of the NYCC community. John has a master’s degree in counseling from the University of Rochester.

John observes that each person comes to counseling with a particular need they want to address, but also with a huge set of strengths. “By helping the people I work with access their full range of intellectual, emotional, social, spiritual, and even physical capabilities, I find that they not only solve specific problems, but also discover themselves in ways that improve their lives overall.”

Richard Murphy
“Murph”
Campus Chaplain

Murph provides interfaith counseling to NYCC community members. His support services encompass the complete spectrum of religious and spiritual traditions. Sometimes a mentor, other times an advisor, and always a caring, supportive friend, Murph has helped countless thousands to find their own solutions to life’s myriad of challenging situations. Murph finds it equally easy to work with traditional and non-traditional lifestyles and issues. He’s also here to assist religious groups establish themselves and to support members of each community.

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