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COUNSELING CENTERS ON-LINE  
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-January 1995-

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INTRODUCTION  
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The more I talk to colleagues around the country, the more I hear about Counseling Centers that are using the internet in various ways. It seems to me we should let each other know about our efforts. This little document is an attempt to do just that: it contains information on different internet resources set up by counseling centers, and how to access them directly from your own account. Let me know if you have questions or if anything is not clear. Any suggestions for additions, corrections, etc are happily received. The sharing of resources such as those listed in this document can be invaluable-we can combine our efforts to provide much more effective services to students (and others) than if we each work separately. For example, if there is information that you would like to include on your local gopher that is already currently available somewhere else, you can easily and seamlessly make a link to that information, placing the entries directly in your menu. If your site has something that you would like others to know about (e.g., gophers, mosaic, ftp sites, muds/moos, and mailing lists), send the information to me at dgthomas@acsu.buffalo.edu and I'll include the information in the next edition of this document.

- virtually yours,

David Gilles-Thomas  
University at Buffalo Counseling Center

GOPHERS

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BOSTON UNIVERSITY  
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Counseling Center

Contact: David Mansfield, Michael Krugman, Charles Ball, cwis@bu.edu

To access, enter the command: gopher gopher.bu.edu

From the main menu select Who, what, where, when

Then select University Departments,

then Counseling Services, and finally Counseling Center.

URL: gopher://gopher.bu.edu:70/00/Who%2c%20What%2c%20Where%2c%20When/University%20Departments/Counseling%20Services/Counseling%20Center

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PURDUE UNIVERSITY  
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Psychological Services Center (& Student Health)

Contact: Dan Kinder, u4w@oasis.cc.purdue.edu

To access, enter the command: gopher oasis.cc.purdue.edu 2525

Select Mental Health from the main menu.

URL: gopher://oasis.cc.purdue.edu:2525/11/mental

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STATE UNIVERSITY OF NEW YORK AT BUFFALO  
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Counseling Center

Contact: David Gilles-Thomas, dgthomas@acsu.buffalo.edu

To access, enter the command: gopher wings.buffalo.edu

From the main menu, select "Student Life and Services"

Then select "Counseling Center"

URL: gopher://wings.buffalo.edu:70/11/student-life/ccenter

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UNIVERSITY OF ILLINOIS, URBANA-CHAMPAIGN  
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Counseling Center

Contact:

To access, enter the command: gopher gopher.uiuc.edu

From the main menu, select "Univ. of Illinois at U-C Campus

Information" then select "Campus Services" and finally

"Counseling Service"

URL: gopher://gopher.uiuc.edu:70/11/UI/CSF/Coun

WWW  
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UNIVERSITY OF MARYLAND AT COLLEGE PARK  
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Counseling Center

Contact: inform-editor@umail.umd.edu

To access: Use your favorite web browser (e.g., mosaic, lynx) to link to the following URL.

URL: [http://www.inform.umd.edu/Student\\_Information\\_And\\_Resources/Counseling\\_Health\\_Services](http://www.inform.umd.edu/Student_Information_And_Resources/Counseling_Health_Services)

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VIRGINIA TECH  
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University Counseling Center  
Contact: Michael Gore, gore@vt.edu  
To access: Use your favorite web browser (e.g., mosaic, lynx) to link  
to the following URL.  
URL: http://www.ucc.vt.edu

#### TELNET

##### ----- BALL STATE UNIVERSITY -----

##### Counseling Center

Contact: Joe Abhold, jabhold@wp.bsu.edu

Description: A large selection of menu-driven information available to students on a system called VTX. In addition, they also have a component called "Concerned Charlie" that acts as an on-line counselor.

To access, enter the command: telnet virgo.bsuvc.bsu.edu

Then type VTX at the "username:" prompt,

then select "CounselingCtr PsyInfo" from the VTX main menu.

##### Important Note:

The Ball State staff has concerns about other schools tying directly into their materials: "referral information to only our center is provided so what happens if someone's distress is increased by reading the material and then they have no one to turn to, and this would open Concerned Charlie to the world and we have a limited capacity to respond."

#### MAILING LISTS

##### ----- TOWSON STATE UNIVERSITY -----

##### Counseling Center

##### Outreach and Consultation List

Contact: Hank Miller, MILLER-H@toe.towson.edu,

Description: The Outreach and Consultation Team of the Towson State University Counseling Center is pleased to announce an Internet discussion list specifically devoted to issues related to outreach and consultation functions in college and university counseling centers.

To subscribe: send e-mail to outreach-request@toe.towson.edu

Leave the subject line blank. The only line you need in the body of the message is as follows: subscribe outreach "Your Name"

#### ON THE HORIZON

##### ----- GEORGE WASHINGTON UNIVERSITY -----

##### Counseling Center

Contact: Anne Mills, amills@gwis2.circ.gwu.edu

The Counseling Center at George Washington University is in the process of setting up self-help materials for reference by students. Examples include "Grief and Loss" and "Test Anxiety." They will let us know when they are up and running so others can check them out.

#### ALSO OF INTEREST

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UNIVERSITY OF MISSISSIPPI  
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Medical Center

Contact: James W. Sturges, Dept of Psychiatry (Psychology),  
sturges@fiona.umsmed.edu

Description: (Currently under construction) A listing of psychology  
internship sites.

To access: Use your favorite web browser (e.g., mosaic, lynx) to link  
to the following URL.

URL: <http://fiona.umsmed.edu/~sturges/brochure>

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