

# COUNSELING SERVICES

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## Counseling Services

Quinnipiac's Counseling Services is proud to partner with Hartford HealthCare to provide a range of clinical services and mental health support at no cost to undergraduate and graduate students. Please check the university website (<https://www.qu.edu/student-life/health-and-wellness/counseling-and-mental-health-services/>) for the most up-to-date information.

In cases of emergency, call 911 or contact the Department of Public Safety at 203-582-6200.

Counseling Services provides access to care for students seeking help for emotional distress. The goal is to assist students through brief therapy while addressing concerns that may be impacting negatively on academic performance or on the student's quality of life within the university community. Our counselors and part-time psychiatric providers are a resource for students struggling with stress, anxiety, depression, relationship problems, eating disorders and alcohol or drug abuse. Other common problems include difficulty making decisions, low self-esteem, procrastination or the stress of leaving home while adjusting to college life. Counseling staff members are available to assist any student who has been affected through physical or sexual violence or who may be grieving the loss of a loved one.

The following counseling services are available to all undergraduate and graduate students at no cost:

- individual counseling
- diagnostic evaluation
- medication management
- group therapy
- urgent visits
- mental health referrals
- consultation to faculty, staff and medical staff
- telehealth services

Students wishing to schedule an appointment can call Counseling Services at 203-407-4020, choose option #1 and schedule an appointment by talking to the counseling center secretary.

Students can speak with a licensed mental health provider in the event of a mental health crisis 24/7, by calling 203-407-4020 and choosing option #3.

In cases of emergency, call 911 or contact the Department of Public Safety at 203-582-6200.