COUNSELING SERVICES

The Quinnipiac University Health and Wellness Center offers a variety of counseling-related services. Students who are seeking help for emotional distress have access to care. The goal is to assist students through brief therapy while addressing concerns that may be affecting academic performance or the student’s quality of life within the university community.

Our counselors 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. Counseling services are available to all undergraduate and graduate students at no cost.

Location and Hours
Counseling offices are located in the Health and Wellness Centers on the Mount Carmel and York Hill campuses. Services are provided Monday through Friday, from 9 a.m. to 5 p.m. On the North Haven Campus, counseling services are available by appointment.

Making an Appointment
Students wishing to schedule an appointment must complete a confidential counseling form. To schedule an appointment, please call Counseling Services at 203-582-8680 or fill out an Appointment Request Form (https://forms.quinnipiac.edu/CounselingIntake/Form.html) via the Counseling Services MyQ (https://myq.quinnipiac.edu/Student%20Life/Counseling%20Center/Pages/default.aspx) page.

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

Services Offered
Diagnostic Evaluation
Each student seeking help through the counseling office is first evaluated by the counselor assigned to the case. At the end of the first visit, the diagnostic evaluation is complete, and the student is given feedback regarding the nature of the problem and the recommendation of how it might be treated.

Individual Counseling
The primary method of intervention is individual counseling. Private consultation with a counselor provides an atmosphere of safety and confidentiality.

Family Intervention
Family intervention is offered when needed to protect the safety of the student or when the student requests assistance with a family problem. Family therapy sessions may be conducted through conference calls or by a scheduled, in-person appointment with parents.

Consultation to Faculty, Staff and Medical Staff
Counselors frequently provide consultation to faculty and staff members as well as medical staff who may have concerns about the well-being of a student. For consultation, counselors are easily reached by phone or via email.

Urgent Visit Services
Emergency evaluation and intervention services are available Monday through Friday, from 9 a.m. to 5 p.m. For emergencies that occur after-hours, students are advised to seek help from the Department of Public Safety or call 911.

Confidentiality
All contacts with the counseling center are confidential except in situations where laws or ethics require notifying a family member or the appropriate authority. Such disclosure is for the purpose of providing the necessary care and protection of the student and community.