

COUNSELING SERVICES

Counseling Services offers rapid access to care at no cost for any student seeking help for emotional distress. The goal is to assist each student in his or her effort to solve a personal problem that may be negatively impacting academic performance or the student's quality of life. A related goal during the counseling process is to equip each student with new skills for future problem solving and/or coping with difficult aspects of life.

Counseling appointments are available Monday through Friday, from 9 a.m. to 5 p.m. The office is located in the Health and Wellness Center on Bobcat Way on the Mount Carmel Campus. Counseling services also are available on the North Haven and York Hill campuses by appointment. To schedule an appointment, students must complete an appointment request form, which is available via MyQ or in the Health and Wellness Center. Professional counseling services are available throughout the academic year and during the summer sessions. All counselors at the Health and Wellness Center are licensed by the State of Connecticut to diagnose and treat mental health and substance abuse problems. The telephone number for the office is 203-582-8680. If you have additional questions, please contact the director of health and wellness at 203-582-3087.