

Counseling Services

Mental Health Support

Mental health is an important part of a successful college experience. Counseling Services is committed to the mental health and well-being of our students. Our services are FREE and confidential to all enrolled students.

Individual Counseling

Students may schedule a 15-20 minute initial appointment (available daily) in order to obtain a better understanding of specific concerns and how to best help. No cost to enrolled students.

At the end of this appointment, a collaborative plan will be made for brief, goal directed treatment matched to your needs.

To make an appointment, call our office at: 203-392-5475

Medication

We provide assessment, evaluation, and medication consultation for those who are:

- considering medication for the first time
- participating in ongoing counseling at Counseling Services

Confidential telehealth appointments available from the safety and convenience of your own personal device

Groups & Workshops

Student Support Groups Grief & Loss Groups Other Therapy Groups AA Meetings Smart Recovery Meetings Stress & Coping Healthy Communication Counseling Services 101 Let's Talk.

Daily, online drop-in service providing informal consultations with counselors. See schedule on our website.

Referrals

For support with finding off- campus mental health and medication providers,
use: southernct.thrivingcampus.com

SCSU Marriage and Family Therapy Clinic
(evening & Saturday appts available): 203-392-6413