



College can be a wonderful experience, but we know that it can also be stressful, with unexpected pressures and problems. When this happens, our Student Counseling Center is here to help you. We offer a variety of services, including individual and group counseling, outreach and consultation, workshops, crisis intervention and referrals to both on- and off-campus resources. If you're currently enrolled at Adelphi, you are eligible for free, private and confidential services at no additional cost.

The Student Counseling Center is staffed by licensed mental health professionals and clinically supervised graduate-level students trained in providing quality services. Our clinical professionals are certified and state licensed in their respective fields, and have advanced clinical training.

Understanding a situation before it reaches the crisis stage often allows for greater freedom when making choices. Even if you just want to talk, we encourage you to come in and meet with a counselor. You may not need counseling, but for many students, dealing effectively with emotional and social issues increases their academic success.

Common concerns students experience: problems with self-esteem, depression, anxiety, relationship issues, family-related problems, decision making and uncertainty about the future.

## Confidentiality

We value your privacy. Individual and group counseling sessions are private and confidential. Information about you or your session cannot be released to anyone, including parents, without your written permission. These rules are maintained in all cases, with the exception of emergency situations that present a danger to life.

## Drugs and Alcohol

Drugs and alcohol are problems on college campuses nationwide. Often, students use substances to socialize, relax or avoid other things in their lives and, many times, the use of drugs and alcohol becomes problematic, resulting in personal problems or academic difficulties. If you are experiencing issues with substance abuse, please do not hesitate to reach out to us. The Student Counseling Center offers education and confidential counseling. A drug and alcohol counselor is available by calling the center at 516.364.3444.

## Group Counseling

Groups are formed to create supportive forums for people with similar issues. For some students, this type of setting is more effective. In group counseling, six to 12 individuals meet, at an assigned time, with one or two group leaders, usually on a weekly basis. Group members talk about what is currently going on in their lives and what may be troubling them. If you prefer group counseling, group leaders and other members are available to give support and offer alternatives and feedback to you.

## Outreach and Consultation

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## Workshops

Workshops are educational presentations that enhance personal growth and lessen stress and anxiety. Typical workshops include: stress management, relationship issues, anger management, assertiveness training, eating disorders and body issues, grief and loss, and sexual abuse and assault. We welcome requests for other workshops. For the current workshop schedule, call us or visit [www.adelphi.edu/counseling](#).

## Psychiatry Consultation

Psychiatric evaluation and treatment services are available to currently enrolled Adelphi students who are being seen in ongoing counseling. Services are by appointment only.

## Resources and Referrals

Our resources include organizations, clinics, practitioners and literature sources that provide services and information not offered by the Student Counseling Center. There are many excellent on-campus resources for students. At times, however, it may be more helpful to refer a student to an off-campus resource.

## Make an appointment

Call Adelphi's Student Counseling Center at **516.877.3646** or come to Room 310 in the Ruth S. Harley University Center for information about scheduling an appointment.