Counseling Services
Student Center 352
Phone: 845-575-3314

Counseling Services assists students experiencing emotional, social, psychological and academic concerns by offering individual and group counseling, psychiatric services, consultations and referrals to off-campus resources. We also provide workshops, trainings and presentations to promote health and wellness for the entire Marist community.

Common Student Concerns for seeking counseling include:

- Homesickness
- Roommate Conflicts
- Depression
- Anxiety
- Relationship Issues
- Academic Issues
- Stress
- Eating/Body Image Concerns
- Worries About Another Student

Students typically find having a caring, trained, non-judgmental professional with whom they can talk, vent and problem solve confidentially is a huge relief!

The majority of students are seen for 1-4 sessions with the option for more extended counseling available. Additionally, research shows that group counseling can be more effective in addressing these concerns as students realize "I'm not the only one feeling this way!"

All services are free. Making an appointment is easy!

Just stop by our office or call us during regular office hours, Monday-Friday, 8:30am to 5pm. Some evening appointments are available.

For after-hours and weekend emergencies, students should notify their residential staff (RA or RD), or the Office of Safety and Security (x2282). The On-Call Counselor will be contacted to assist the student(s). Make sure to reach out for help if you are worried about another student’s safety.
Information related to students’ counseling visits is confidential and will not appear on their official college record. Exceptions to confidentiality include if student poses a danger to self/others, mandated reporting of child abuse and subpoenaed records.

Helpful Apps & Links

![Headspace](image1)

![Stop, Breathe & Think](image2)

![Calm](image3)

**NEED 2 TALK?**

Life out of control? Friend needs help? Need someone to talk to?

**TALK or TEXT**

(845) 485-9700 or call helpline (877) 485-9700

Dutchess County HELPLINE APP

Experienced people who care and can help are available every day, 24/7.