ABOUT THE COUNSELING CENTER
The Counseling Center offers free confidential counseling services provided by mental health professionals to currently enrolled full-time undergraduate or graduate students in an atmosphere that is welcoming and comfortable for all students. The staff of the Counseling Center recognizes that the challenges of college life require a variety of personal strengths and problem-solving skills. Counselors are available to assist students, enhance their strengths, and develop their abilities to effectively cope with the experiences of living, growing, and learning at Drexel.

CONFIDENTIALITY
Confidentiality is an important aspect of counseling. This means that under normal circumstances, no one outside the Counseling Center is given any information — even the fact that you have been here — without your expressed written consent. There are circumstances when therapists are required to breach confidentiality without a client’s permission. Your therapist will explain these situations to you in your first meeting. To view more about the Confidentiality Policy, please visit drexel.edu/counseling-center.

IN CASE OF EMERGENCY

Contact the Counseling Center 24 hours a day:
• Monday through Friday, 8 a.m.–5 p.m.
  215.895.1415 (University City Campus)
  215.762.7625 (Center City Campus)
• Evenings/Weekends
  215.416.3337
For a list of emergency resources in the Philadelphia area, please visit drexel.edu/counseling-center/emergency.

Locations
• University City Campus
  3210 Chestnut Street
  Creese Student Center, Ste. 201
  Philadelphia, PA 19104
  215.895.1415
• Center City Campus
  1505 Race Street
  Bellett Building, Room 315
  Philadelphia, PA 19104
  215.762.7625

Hours of Operation
• Monday through Friday, 8 a.m.–5 p.m.
• Evening hours available by appointment
• Walkin (non-emergency) hours daily, 1–3 p.m.
Individual Counseling
The most widely utilized service at the Counseling Center is individual counseling, where you can meet one-on-one with a professional licensed staff member to explore your concerns, increase an understanding of yourself and others, and/or learn how to implement solutions to a problem. The types of issues students most frequently bring to the Counseling Center include: anxiety-related problems, depression, family concerns, relationship issues, adjustment issues, eating disorders, alcohol- and drug-related problems, and questions about sexual identity. Students also seek treatment and/or support for significant previously diagnosed psychological disorders.

Group Counseling
Sometimes being a member of a group is the best way to enhance personal growth and to develop social skills. Being part of a group offers the opportunity to meet in a supportive environment with people having similar concerns. Groups offer members the chance to express and work on feelings, learn from others’ experiences, provide others with the opportunity to learn from you, and develop new skills. Groups are formed in response to students’ needs and interests, and may include topics such as stress and anxiety management, interpersonal relationships. What happens during your experience depends on your needs and goals.

Crisis Counseling / Emergencies
At some point you may find yourself facing a significant personal crisis. We can assist you as you sort things out by suggesting strategies to ease, to better understand, or to resolve the situation. If you are in crisis, you can contact the Counseling Center by calling 215.895.1415 (University City) or 215.762.7625 (Center City) during business hours. To reach the on-call counselor after hours, please call 215.416.3337.

Couples Counseling
Couples counseling is available for students and their partners if both are currently enrolled as full-time students at Drexel University. If you are having difficulty communicating effectively with your partner, experiencing conflicts that you are unable to work through together, or struggling with sexual concerns, couples counseling can help you with these and other problems. Counseling can be an opportunity to learn specific skills for a better understanding of each other’s thoughts, feelings, and needs.

Workshops
Counseling Center staff members are available to provide workshops or present at your location for your class or organization on topics related to psychological/emotional health. Some examples of popular workshops are: Stress and Time Management, Resiliency, Depression, Body Image, Counseling Center Services, or Mindfulness.

Consultation for Students, Faculty, Staff, and Parents
At times, you may wish to talk to a Counseling Center staff member for advice about handling roommate conflicts, how to get someone you care about to get help, or other issues that are causing you concern. Consultation services are always available to students, faculty, staff, and parents who wish to discuss a concern about a student. You can find additional information that may be helpful at drexel.edu/counseling-center.

Referrals
Your counselor may determine that your needs would be best met by another resource on or off campus. We can provide you with the information you need and assist you with locating the most appropriate treatment.

How to Make an Appointment
The Counseling Center is open Monday through Friday from 8 a.m.–5 p.m. To schedule an appointment, you can stop by in person at either campus location, call 215.895.1415 (University City) or 215.762.7625 (Center City), or email us at counseling@drexel.edu. Students on co-op can arrange for an evening appointment. For students who need quick answers or help with immediate concerns, we also offer 20- to 30-minute walk-in appointments every day from 1–3 p.m.

FREQUENTLY ASKED QUESTIONS

WHAT IS COUNSELING?
Counseling is a collaborative process that involves the development of a unique, confidential, therapeutic, and helping relationship to assist you in understanding yourself and the world around you; to better understand your feelings and behaviors; and to assist you in your interpersonal relationships. What happens during your experience depends on your needs and goals.

HOW MUCH DOES IT COST?
Counseling is free for currently enrolled full-time undergraduate or graduate students at Drexel.

WHAT IS COUNSELING LIKE?
Counseling will be a different experience for different people, as we strive to meet your individual needs based on your unique set of circumstances. In your first session you will be asked basic informational questions and will work with your therapist to establish goals for counseling. Goals or recommendations may include a referral for group counseling, couples counseling, and/or a referral to another organization on or off campus.

What happens during the course of your counseling experience may differ over time based on your situation, progress, or changes in your life. Your therapist may at times suggest exploring potential solutions such as relaxation training, journaling, role-playing, talking with relevant individuals, reading assignments, or even “homework.” How the therapeutic process will progress depends on your needs and goals.