WHAT IS TELEHEALTH?
It's a secure and confidential way to speak to a counselor via telephone or video conferencing while also honoring public health guidelines. We're here to offer you support, identify coping strategies and resources, and connect you to longer-term providers at home.

WHAT DO I NEED?
You'll need Internet and a device with a camera/mic, or just your cellphone. We also recommend a quiet and private space. Lastly, we need you to review and sign a consent form. Contact us at counseling.services@marist.edu to get started. If you've met with us this year, you can also reach out to your counselor!

WHAT CAN I EXPECT?
Guidance and Support. This is an essential time to attend to your emotional well-being as well as physical health. It can be awkward and challenging at first, but as we all are navigating these new changes we encourage compassion and understanding.

HOW DO I FIND A THERAPIST IN MY HOME STATE/COUNTRY?
Some states and countries have certain rules about where your counselor can practice from. We recommend using the website www.psychologytoday.com to help you find a therapist in your home area, or check with your insurance provider about practitioners they cover.

WHAT IF I'M IN CRISIS?
If you are experiencing a mental health crisis, call the Office of Safety & Security at 845-471-1822 and ask to speak with the On-Call Counselor. If you are experiencing a mental health emergency related to yours or another’s personal safety, call 911, go to your nearest hospital, or Text HOME to 741741.

STAY CONNECTED!
We’re still open and operating normal business hours! Please call and leave a detailed message with your marist.edu email address or email us directly! Stay tuned for info on our programs!

Counseling Services
Telehealth Services

We're excited to offer short-term telehealth services as well as wellness programming online!