TALK TO A COUNSELOR FOR SUGGESTIONS AND SUPPORT

LET’S TALK:
Mondays & Thursdays: 3:00 - 4:30pm ET
First come, first served, approx. 15-min
Click the WebEx link to enter the virtual waiting room

We offer free private problem-solving consultations for students concerned about college life stress, family and social situations, personal health and wellness, and other experiences.

COUNSELING FOR MENTAL HEALTH AND OTHER CONCERNS

Virtual Open Clinic Hours
Daily appointments for a 30-min initial session
Monday through Friday: 1:00 - 3:30PM ET
Call or email us to schedule and complete paperwork

We evaluate mental health concerns like anxiety and depression, as well as other experiences like substance use or trauma, then recommend short-term counseling or help connect you with other treatment and support that’s best for you.

SO MANY WAYS TO LEARN AND CONNECT FOR WELLNESS

Weekly student-centered workshops, small groups, and support spaces
Look for our presentations and co-sponsored events
• Mindful Meditation • Take ACTion on Anxiety
• Sanctuary • Calming the Storm (DBT)
• Understanding Self & Others
• BIPOC • International Students • Student-Athletes
• Health Conditions • Grief & Loss • and more!

NOT SURE WHICH OPTIONS ARE RIGHT FOR YOU?

Call or email us to discuss Counseling options and how to access available resources

We will respond to your request as soon as possible the same day or within 24 business hours during the Spring 2021 academic semester!

WWW.MARIST.EDU/STUDENT-LIFE/SERVICES/COUNSELING
COUNSELING.SERVICES@MARIST.EDU
MONDAY-FRIDAY 8:30AM-5PM
TEL: 845-575-3314