

COUNSELING SERVICES

TELECOUNSELING

We're continuing to offer short-term telecounseling services as well as wellness programming online throughout the Spring 2021 semester!

WHAT IS TELECOUNSELING?

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, Support, & Resources. 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 difficult experiences we encourage compassion and understanding.



STAY CONNECTED!



We're here for you during normal business hours! Please call and leave a detailed message with or email us directly from your @marist.edu address! Our voicemail and email is monitored during normal business hours, and for non-emergency requests we will respond by the next business day. For information about our daily workshops and groups:

<https://www.marist.edu/student-life/services/counseling>

<https://linktr.ee/maristcounselingservices>

 [maristcounselingservices](https://www.instagram.com/maristcounselingservices)

WHAT IF I'M IN CRISIS?

If you are experiencing a mental health crisis during normal business hours, call us! We guarantee that you will be responded to immediately, even if you leave a voicemail. After hours, you can speak to your RA/RD on Duty or call the Office of Safety & Security at **845-471-1822** and ask for the On-Call Counselor. If you are experiencing an emergency related to yours or another's personal safety, **call 911**, go to your nearest hospital, or **Text HOME to 741741**.



MONDAY-FRIDAY 8:30AM-5PM

tel: 845-575-3314

COUNSELING.SERVICES@MARIST.EDU