

Office of Counseling Services

Counseling Services is dedicated to a holistic approach to promoting students' emotional wellbeing and resilience. Our multidisciplinary staff consists of licensed mental-health professionals reflecting different identities and cultures, and all deeply committed to social justice, equity and inclusion. We're here for you, as a confidential resource to address serious mental health concerns or as a place to vent/problem solve.

All of our services are free!

Get started through our Open Clinic!

Students who are interested in our services can start by visiting our daily Open Clinic, Monday – Friday 1-3:30PM. Meet with one of our counselors to identify your next best steps: Recommendations might include:

- A single session appointment or Let's Talk consultation
- Join a weekly group or attend a skills-building workshop
- Referral to individual counseling with one of our staff
- Referral to an off-campus provider for more specialized care
- Psychiatric evaluation for medication management

Let's Talk

A free and confidential drop-in consultation for students who are not looking for ongoing counseling but might benefit from speaking to a counselor to address an immediate concern.

Individual Counseling

Counseling Services uses a goal-focused, brief treatment model to help students address their immediate concerns using culturally-responsive and trauma-informed care. Typically, we meet with students biweekly, or every other week. While there is no session limit, most students resolve the reason for their initial visit within 3-4 sessions!

Group Counseling/Support Groups

Research shows that group counseling can be more effective than individual counseling; it helps students realize "I'm not the only one feeling this way!" Our groups cover topics like anxiety, depression, relationship problems, grief, and eating/body image concerns. Duration and types of groups may vary each semester. Please visit our Website and Linktree for information.

Referrals

Occasionally students prefer to see a therapist off-campus or might need more specialized, long-term care. We are happy to connect students with our local network of over 60+ providers or students can visit <https://marist.thrivingcampus.com> to find therapists locally and close to home!

Crisis & Emergency Services

Counselors are available during normal business hours in case of a crisis or emergency. A mental health emergency includes a life threatening situation where someone is at immediate risk to themselves or others, severely disoriented, out of touch with reality, or is unable to function or care for themselves. For after-hours and weekend emergencies, students should notify their residential staff (RA/RD) or the Office of Safety and Security (845-471-1822) and ask to speak to an On-Call Counselor. **Make sure to reach out for help if you are worried about another students' safety!**

Workshops and Trainings for the Marist Community

We're passionate about creating a campus culture of wellness and community care. We offer a variety of programs. Topics include: Stress Management; Adjusting to Life on Campus; Building Healthy Relationships; Effective Communication; Radical Self-Care; Inclusive Leadership and Diversity Awareness; Coping with Grief and Loss; Crisis Response; Identifying & Helping Students in Distress; Mindfulness; Suicide Awareness and Prevention; Time Management; and much more!

If you or a student group are interested in scheduling an outreach or presentation, please contact us at counseling.services@marist.edu. Please give as much notice as possible to give staff enough time to prepare.

A Note on Confidentiality

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.

Resources

Please visit our website and linktr.ee for frequently updated resources!

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

<https://linktr.ee/maristcounselingservices>

[@maristcounselingservices](#)

Contact us!

(845)575-3314

counseling.services@marist.edu

MENTAL HEALTH CONCERN

A non-urgent and non-life threatening situation in which an individual is experiencing emotional distress or discomfort, yet still able to function and care of themselves.

Examples include situations when

someone is:

- Stressed, anxious, upset, crying, or sad
- Frustrated or confused about a personal or academic situation
- Having a friendship or relationship conflict
- Dealing with grief, loss, sadness or disappointment
- Not taking their prescribed psychiatric medications

WHAT TO DO:

Students with a Mental Health Concern can contact Counseling Services during Office Hours, attend our Virtual Open Clinic every day from 1PM-3:30PM, or speak with a Counselor at Let's Talk.

Counseling Services
(845)575-3314

counseling.services@marist.edu

MENTAL HEALTH CRISIS

A non-life threatening situation in which someone is exhibiting extreme emotional or behavioral disturbance, considering harm to self or others, disoriented, has a compromised ability to function, or is otherwise agitated and unable to be calmed.

Examples include situations when

someone is:

- Talking about suicide or self-harm
- Talking about threatening or dangerous behavior
- Recently engaged in self-injurious behavior
- Currently abusing alcohol or drugs
- Behaving erratically or unusually

WHAT TO DO:

During Office Hours, contact Counseling Services
After hours, access the On-Call Counselor by contacting the **RA/RD on Duty or Security**
845-471-1822
Or Contact Dutchess County Helpline TALK or TEXT:
845-485-9700

MENTAL HEALTH EMERGENCY

A life threatening situation in which an individual is in imminent danger of harming themselves or others, severely disoriented, out of touch with reality, is unable to function, severely distraught, or out of control.

Examples include situations when

someone is:

- Threatening suicide or acting on a suicide threat
- Homicidal or threatening harm to others
- Already injured and needs medical attention
- Severely impaired by drugs/alcohol or has overdosed
- Highly erratic or behaving in a way that suggests an inability to care for oneself

WHAT TO DO:

During Office Hours, contact Counseling Services
After hours, access the On-Call Counselor by contacting the **RA/RD on Duty or Security**.
Contact the DC Helpline or **National Crisis Line**
1-800-273-8255
Call 911 or go to nearest Emergency Room