

# Mental Health & Wellness at Monroe

Counseling and Psychological Services



**MONROE COLLEGE**

**Monroe College offers individual counseling services to help students cope with life's challenges as well as the stress and strong emotions that happen to us all from time to time. Services are available virtually as well as through professional resources in the community.**

**Some of the reasons students come to see us:**

- ▶ Depression
- ▶ Homesickness
- ▶ Anxiety and stress
- ▶ Trouble adjusting to college life
- ▶ Traumatic experiences (e.g., sexual assault, childhood abuse, relationship violence)
- ▶ Relationship problems and break-ups
- ▶ Financial concerns
- ▶ Unhealthy eating habits
- ▶ Family problems
- ▶ Making friends and establishing a social life
- ▶ Gender orientation and identity
- ▶ Illness or death of a family member, friend, or pet
- ▶ Alcohol or other drug use
- ▶ Stress about life after college
- ▶ Challenges and loss related to COVID 19

**How We Help**

**Individual Counseling:** Students may meet privately one-on-one with one of the College's counselors. Referrals are also available if a student prefers or requires the assistance of a qualified professional within the local community.

## What to Expect

During the first session, your counselor will begin by asking a few questions. Some may seem a bit personal or unrelated to what's stressing or troubling you, but they're designed to help the counselor better understand you as a person and figure out how best to help. Rest assured, your answers will be kept completely private.

## We listen and counsel, but we never judge

Our counselors are here to help you and are available for as long as you need at no cost to you.

Some students only need to speak to their counselor a few times. Others benefit from meeting with their counselor more often. The experience is completely tailored to each student's needs and preferences. While your counselor may encourage you to come by a little more frequently at first, they will certainly work with you at your pace.

## A Word about Confidentiality

The services offered by our counselors are free and completely confidential. Your professors will not be informed, nor will your peers or parents. Information will only be shared with your written consent, unless required by law.

### What to Do in an Emergency

If someone on campus is experiencing a psychological emergency, including yourself, please **call 911** and Monroe's Public Safety team. New Rochelle Campus **914.740.6854**  
Bronx Campus **646.393.8495 / 646.393.8276** or **646.393.8523**.

For local crisis services /mental health resources call **888.NYC.WELL / 888.692.9355** or text "Well" at **651**.

NYS Crisis Text Line: **Text GOT5 to 741741**

## CONTACT US

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**Please call or text  
us at 646.413.3539  
to schedule an  
appointment**



*Schedule an Appointment*

Counseling services will also be available:  
Monday – Thursday / 10 am to 5 pm Student Services /Main Hall

# MONROE COLLEGE