



DREXEL UNIVERSITY

Counseling

Center

Student Affairs

Care that Fits You

We all approach challenges and solve problems in our own unique ways. Some folks prefer to collaborate and others like to work things out themselves. Some students want to learn new strategies whereas others just need some space to talk and feel heard. Here at the Counseling Center, we offer students care that ranges from informal and informational to deep, intimate opportunities to grow through interpersonal connection. We also respect students' privacy and value their right to easily accessible mental healthcare. Thus, our services are free, confidential, goal-focused and sensitive to the needs of a diverse student community. Services are currently conducted via HIPAA-Compliant Zoom with some in-person sessions based on needs and availability. You can reach us at counsel@drexel.edu or 215.895.1415.



#DUCcintoWellness

Valid reasons to seek care:

- Feelings of worry, sadness, anger, & loss
- Overwhelming experiences & trauma
- Relationship issues
- Racism & marginalization
- Family conflict
- Loneliness
- Losing someone
- Shifts in gender identity
- Co-op & academic concerns
- Relationship with food & body
- Pressure
- Relationship with alcohol, weed, & other drugs
- Imposter syndrome
- Exploring sexual identity
- Acculturation
- Pregnancy & sexual concerns
- Cutting or hurting yourself
- Veterans issues
- First generation concerns
- Almost anything else



215.895.1415



counsel@drexel.edu



[@drexeluniversitycounseling](https://www.instagram.com/drexeluniversitycounseling)

Self-Help Resources

Some students take an independent approach to seeking information, trying out new strategies, and simply seeing reflections of their concerns addressed in videos, books, and social media posts. If you are looking for some direction in sifting through all the wellness content available, we have compiled an ever-growing online library of resources we think could be helpful in addressing anything from intense emotions and difficult relationships to daily stressors and identity-based marginalization.

Wellness Workshops

Short, informative, 3-session workshops help students learn new strategies and hacks for common concerns like managing anxiety, getting unstuck from depression, soothing intense feelings, and self-compassion. You can join live sessions to learn alongside other students or watch privately with pre-recorded sessions. Sign up / watch here:



Virtual Support

Some students are looking for the support and feedback of their peers while also valuing the liberation to express their thoughts and feelings anonymously and in writing. 7 Cups is an online chat forum that connects students with caring, trained student listeners who are available to offer emotional support and connection 24/7. Students use 7 Cups to connect for all sorts of reasons, from big existential thoughts to small, day-to-day things we all experience. Talk or volunteer here:



Group Counseling

Some students find relief and growth through trusting connection and honest dialogue with their peers. Group counseling invites students into respectful, open-minded, and affirming community conversations that serve to increase awareness, give support, and provide feedback amongst others sharing similar experiences. Some groups also intentionally center the experiences of often marginalized communities like Students of Color, International Student Support, Intersecting Queer Identities, First in the Family, and Grad Student Support.

Referral Coordination

The DUCC case manager can help students connect to ongoing or specialized mental health treatment in the community.

Immediate Support

Crisis Support

Any Drexel student experiencing an urgent concern or a mental health crisis can speak to our on-call counselor 24/7 at **215.416.3337**. If you are in immediate crisis, call Public Safety at 215.895.2222, 911 or visit your local emergency room.

Same Day Appointments

Students can schedule 30-minute, goal-focused same day sessions with a counselor to get the help you need when you need it (even if you've never worked with DUCC before). All concerns welcome.

Individual Counseling

DUCC offers culturally sensitive support for managing difficult feelings, transitions, and decisions. Length of each session is flexible and meets your need for goal-focused care.

Peer Support

Sometimes, students just need someone to talk with to manage everyday aspects of student life, make difficult decisions, or find campus resources. By reaching out to the Mental Wellness Peer Alliance, students can connect with non-biased peer listeners, trained by the DUCC who are here to provide education, support, and programming



DUCC Website



215.895.1415



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