

THE ADVISING AND COUNSELING CENTER

PERSONAL COUNSELING

College life is full of new opportunities, people, and experiences. Although this is often an exciting new chapter for students, it can also be stressful learning how to balance these aspects alongside their academic demands.

These new challenges are sometimes accompanied by feelings of sadness, anxiety, irritability, or dissatisfaction. When these feelings become overwhelming, or interfere with a student's ability to function, counseling can be a good option.

The Advising and Counseling Center at Sussex is here to help students understand these feelings. Together we can find improved ways of coping with and growing from these experiences. Counseling services are available **free of charge** to all students currently enrolled at Sussex.



What to Expect During Counseling

Counseling is a collaborative effort between the counselor and client*. Professional counselors help students identify goals and potential solutions to problems which cause emotional turmoil, seek to improve communication and coping skills, strengthen self-esteem, promote behavior change, and optimal mental health.

*According to the American Counseling Association

MORE HELPFUL INFORMATION ►

Confidentiality

The College places a high priority on privacy and confidentiality. All communication between student and counselor, including the decision to seek counseling, are confidential to the full extent provided by law and are not released without a voluntarily signed consent.

Our Services

We offer short-term individual personal counseling and referrals for concerns including, by not limited to:

- Adjusting to college life
- Academic concerns
- Stress management
- Interpersonal relationships
- Body image
- Self-esteem
- Grief and loss
- Anxiety
- Depression
- Substance Abuse

What to do in an Emergency

If you someone's life may be in danger, **call 911 immediately**. During business hours, contact the Advising and Counseling Center at 973-300-2207.

24-hour Services and Hotlines:

- Newton Medical Center
Psychiatric Emergency
Services: 1-888-247-1400
- National Suicide Prevention
Lifeline: 1-800-273-TALK (8255)
- NJ Hopeline:
1-855-NJ-HOPELINE (654-6735)



**Advising & Counseling Center
Administration Building, B206**

Make an appointment at sussex.edu/advising
or call **973-300-2207**.