Office of Counseling Services
Flexible Stepped Care Model:
Therapeutic options for students

On-Demand option
or scheduled single session interventions (1 Session):
- Solution & problem-focused

Same day option or scheduled 60- or 30-minute follow-ups (2-3 sessions):
- Referral to Community Wellbeing & Support Clinic (CWSC); workshops and/or Mantra
- Anxiety and Depression Workshops
- Self-Paced Online Wellness Modules
- Wellness Apps (e.g., Calm.com, CBT-I Coach, Headspace, etc.)

On-Campus Supports
- Office of Educational Accessibility
- Women & Gender Equity Center
- Student Health Services
- Student Outreach and Support
- Student Success Services

Off-Campus Resources
- LGBT Life Center, Norfolk
- WCA South Hampton Roads
- Peer Recovery Drop-In Center

Peer Support Supports & Off-Campus Resources
- ODU First Peer Mentors: 1st Gen. Students
- TRIO Student Support Services
- Brother 2 Brother
- PAVE Peer Mentoring for Veterans
- Living-Learning Communities
- Themed Living Communities
- Student Organizations
- African Caribbean Association
- Astrik Trans* Student Advisory Board
- SAGA & Safe Space
- Black Student Alliance
- Asian Pacific American Student Union
- And more!

Initial Appointment
- Initial Assessment: 60 minutes
- Individualized Care Plan w/Customized Mental Health Prescription

Level of Student Autonomy/Self-Advocacy
Low

Resource Intensity/Investment
Low

On-Demand option or scheduled single session interventions (1 Session):
- Solution & problem-focused

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