

Monday Matters: Counseling Services

Dodge, Gail <gdodge@odu.edu>

Mon 2/26/2024 8:00 AM

To:Dodge, Gail <gdodge@odu.edu>

Cc:Whitfield, Tiffany L. <twhitfi@odu.edu>;Greene, Lesley H. <LGreene@odu.edu>;Wallach, Josh A. <JWallach@odu.edu>

Dear Colleagues:

The Office of Counseling Services (OCS) provides comprehensive mental health services to graduate students who are currently enrolled in at least one credit hour at ODU. OCS has a multidisciplinary team of 16 clinicians who are available to provide a wide range of help.

OCS supports the academic mission of the university by helping students resolve stressful circumstances in their lives that can be a hindrance to their academic goals. They do this through consultation, individual and group counseling, psychiatric services, crisis intervention, and a variety of outreaches and workshops for the student body. This includes a Graduate Student Group, which is scheduled to be on Wednesdays from 11 am - 12:30 pm. This support group provides a unique therapeutic space in which to give and receive feedback, receive support, and develop insight into relationship patterns.

OCS offers quick access to services through on-demand, same-day/next-day counseling options, so students can be seen when they are in need. To schedule an appointment, simply visit the [Monarch Wellness Portal](#). They also have an urgent/crisis support line available 24/7/365 (for urgent/crisis support, please call 757-683-4401, press OPTION 2).

<https://www.odu.edu/counseling-services>

OCS moved to a new [location](#) this semester! Their office is now attached to the Student Recreation Center (SRC) in what is now being called the Student Recreation and Well-Being Center.

4700 Powhatan Ave, Suite 2403

757-683-4401, option 1 (Front Desk)

Hours of Operation

- Spring & Fall: Monday - Thursday: 8 am - 7 pm; Friday: 8 am - 5 pm
- Summer and Breaks: Monday - Friday: 8 am - 5 pm

Best Regards,

Gail

Upcoming Events and Deadlines:

- Feb. 28: Deadline for COS environmental sciences seed funding proposals
- March 15: Deadline for COS awards and Cheng Fund for Innovative Research proposals
- March 29 Science Friday 4 – 6 pm PSB 1100; Speakers Matt Grau (Physics) and Lusi Li (Computer Science)
- March 30: Undergraduate Research Symposium
- April 9: Deadline for COSURP proposals

- April 13: Virginia State Science and Engineering Fair – please register to be a judge at <https://forms.office.com/r/ND2Hgyiw1H>
- April 23: College of Sciences Awards Ceremony – 3 pm