Old Dominion University
Office of Counseling Services
Where to Find Mental Health Help

If You Need Help Right Now - phone 911 for help or ODU Police (757-683-4000)

There are a variety of resources on-campus that can help you! Remember, you are not alone when it comes to mental health concerns or helping a student in distress. Use your resources!

In-Crisis

- Call 757-683-4401 and press option #1 to speak to the front desk or walk to the Office of Counseling Services (Student Recreation and Well-Being Center, 4700 Powhatan Ave, Norfolk, VA 23508)
  - Office Hours:
    - Fall/Spring Semesters: Monday-Thursday: 8:00 AM – 7:00 PM/Friday: 8:00 AM – 5:00 PM
    - Summer & Breaks: Monday-Friday: 8:00 AM – 5:00 PM
- 24/7 OCS crisis support line: 757-683-4401 and select option #2 to speak to a crisis counselor
- Schedule Rapid Access same-day or next-day appointment: Click Here to Schedule.

Non-Crisis

- Counseling and Psychiatry Services
  - Rapid access same-day or next-day counseling appointments. Schedule through the OCS website: Click Here to Schedule.
  - The online scheduling system opens at 7:00 AM each day, if appointments are full check back the next day or at a later time. Call OCS (option #1) for any questions (757-683-4401).
  - Learn about our model of care: Click Here
  - Online self-help resources and wellness modules: Click Here
- Health Promotion Peer Support Groups: Click Here; Search peer support
- Academic Support/Resource Coordination: 757-683-3442
  - Submit a Care Referral- Student Outreach and Support Services: Click Here
- Academic Coaching: Click Here
- Academic Advising: Click Here
- Academic ADA Accommodations: Click Here
- Find a Tutor: Click Here
• ODU Office of Intercultural Relations: Click Here
• Woman and Gender Equity: Click Here
• ODU Military Connection Center: Click Here
• Interpersonal Violence Resource: YWCA Click Here
  o 24/7 Crisis Hotline: 757-251-0144

• Title IX Office: 757-683-3141: Click Here
• TEAM Committee: Concerns for safety/threat: Click Here
• ODU Police Services: Click Here
• Dean of Students Office: Click Here