

MARCH 2025

Office of Counseling Services

The Office of Counseling Services (OCS) offers free and confidential mental health care to registered students. We provide in-person and virtual individual and group



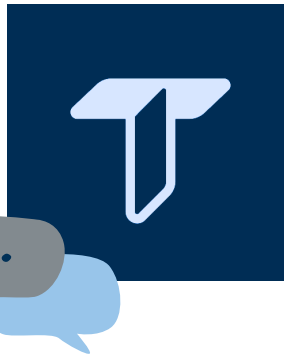
counseling, psychiatric services, and a variety of events and workshops. It is our mission to foster a culture of care, emphasizing better mental health and well-being. Located on the second floor of the Student Recreation and Well-Being Center.

24/7 CRISIS SUPPORT: Call 757-683-4401 and press option 2 to be connected with a counselor.

TALKCAMPUS IS HERE!

TalkCampus is a free online, global mental health community for students providing 24/7 instant peer support. Access instant chat, groups, journaling and wellness tips.

To sign up go to [TalkCampus.com](https://talkcampus.com), or download the app from the Google Play store or the App Store.



Need a Moment to Relax?

Visit our Meditation Room! A quiet, therapeutic space designed for students to practice mindfulness and meditation to find peace between studies.

Book a 30 minute session through the [Monarch Wellness Portal](#).



SPRING INTO MARCH!

Upcoming Events:

WAGS ON WEDNESDAYS | SRWC

Spend time with therapy dogs.

March 19th, & 26th, 11am-1pm

MINDFUL MOMENTS | NORTH MALL

Gain mindfulness tips and enjoy activities at our tabling event.

March 20th, 12pm

SPEED FRIENDING | OCS

A low pressure social event to make new connections.

March 26th, 3-4PM

Drop-In Support Groups:

MEN'S REFUGE | OCS

Tuesdays, 12:30pm-1:30pm

Let's Talk About it | VIRTUAL

A space where students discuss current events and find community

Thursdays, 12:30pm-1:30pm

Group Therapy:

GRADUATE STUDENT | VIRTUAL

Mondays, 11am-12:30pm

HAVEN LGBTQ+ | VIRTUAL

Mondays, 4:30pm-6pm

WOW: WOMEN ON WEDNESDAYS | OCS

Wednesdays, 11am-12pm

SEEKING SAFETY | OCS

Healing from trauma.

Wednesdays 1pm-2pm

COPING WITH ANXIETY | VIRTUAL

Thursdays, 11am-12:30pm



Scan to sign up for drop-in support groups or schedule an appointment with a counselor for group therapy