

**From:** [Dodge, Gail](#)  
**To:** [Dodge, Gail](#)  
**Cc:** [Glenn, Cassie](#); [Whitfield, Tiffany L.](#)  
**Subject:** Monday Matters: Counseling Services for Students  
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Dear Colleagues:

This week I asked Dr. Cassie Glenn, Assistant Professor in Psychology, to tell us more about mental health resources available on campus through [ODU's Office of Counseling Services \(OCS\)](#). She is the Project Director/co-PI of the Campus Suicide Prevention Grant funded by the Substance Abuse and Mental Health Services Administration (SAMHSA).

OCS offers a range of services including Individual Counseling (brief treatment model), Group Counseling, Couples Counseling, Crisis Services, and Outreach & Workshops. All services are free and confidential!

How to Access Services: Call the OCS office at **(757) 683-4401** and press option #1 to get scheduled for an initial (consultation) appointment. OCS is conducting services through Zoom and will walk students through this process. A front office staff member will ask for some basic information (email address, physical address, UIN, and contact information). Then, a staff member from OCS will contact the student within 48 hours to discuss the steps moving forward, including initial paperwork and basic information about teletherapy services (conducted through secured Zoom). In the initial consultation appointment, the student and clinician will talk to identify which service is best suited to meet the student's needs (i.e., group counseling, individual counseling, medication evaluation, referrals to other campus office or organizations, etc.). *It is important to note that, although there is sometimes a waitlist, all students who contact OCS will receive a consultation session within two weeks and recommendation for next steps in care.*

If a student is in crisis, they would dial **(757) 683-4401 and press option #2** to speak to a crisis counselor. They can access this service 24 hours a day, 7 days a week. If a student walks into OCS and does not have their own cell phone to call a crisis coordinator, they are allowed to sit in the conference room and utilize the telephone to call the number and get assessed.

In addition to OCS, ODU's Campus Suicide Prevention Grant team has created a new website that provides an overview of mental health resources on campus, in the Hampton Roads area, as well as nationally: <https://www.odu.edu/life/health-safety/health/counseling/thrive>

Finally, if you would like to post an announcement about OCS to Blackboard or add to your course syllabus, a brief blurb is included below.

Best Regards,

Gail

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Information for Blackboard or syllabus:

ODU's Office of Counseling Services (OCS) is a university agency with competent, diverse, and multidisciplinary professional staff. We are committed to supporting the emotional well-being, social development, and academic progress of all students at Old Dominion University.

College life can be a wonderful time of self-discovery, but for many, it is also a time when the awareness of mental health conditions increases. OCS services are available to assist with addressing mental health concerns that a student may be experiencing. You can learn more about the broad range of confidential mental health services available on campus via our website at <http://www.odu.edu/counselingservices>. All services are free to ODU students.