In these uncertain times, it is normal to experience increased feelings of stress, anxiety, depression, and other mental health concerns. As the university continues remote instruction in fall semester, the Counseling Center will be offering online counseling services to enrolled students.

If a student is experiencing a life-threatening mental health emergency during business hours (Monday – Friday from 8:00 a.m. – 4:00 p.m.) and they need to talk to someone immediately, please call the Counseling Center (610-436-2301). Students should call the Counseling Center on the same day they are interested in scheduling a triage appointment. These appointments are on a first-come, first-served basis.

If interested in mental health services, students will need to go through our Triage hours which are Monday – Friday between 1:00 - 3:00 pm. Unlike in previous years where students walked-in for triage, students should call the Counseling Center (610-436-2301) on the same day they are interested in scheduling a triage appointment.

If a student is experiencing a life-threatening mental health emergency outside of business hours, they should call the local police department or go to the nearest hospital emergency room.

If you or someone you know is in need of mental health support, please do not hesitate to reach out. The Counseling Center is here to support you.