

Counseling Center

The Counseling Center staff provide services to full time undergraduate students. Those who utilize the services of the Center present a wide variety of problems and concerns, such as adjustment to university, homesickness, relationships conflicts, stress, feelings of anxiety or depression, and concerns about alcohol or other substance abuse. In addition, Center staff provide consultation services by phone or in office to those members of the Manhattan University academic community who have questions or concerns about how to help students.

The Counseling Center provides the following services:

- Individual and group counseling
- Crisis intervention
- Consultations and referrals services
- Outreach programs
- Consultations to student organizations
- Prevention programming
- Kuro Mindfulness workshops
- Zen room
- Telehealth Space

All services of the Counseling Center are confidential. Records maintained in the Counseling Center are separate from the university academic records. All staff members of the Counseling Center adhere to professional and ethical standards regarding confidentiality. The limits of confidentiality are discussed with each student at the first session.

The Counseling Center is located in Miguel Hall, Room 501. Appointments are recommended (call ext. 7394), however, walk-ins are accommodated as quickly as scheduling permits. The office is open weekdays from 9:00 a.m. to 4:30 p.m. and evenings by appointment.

ACCREDITATION

The Counseling Center at Manhattan University is accredited by the International Accreditation of Counseling Services.

The International Accreditation of Counseling Services (<https://iacsinc.org/>) evaluates counseling centers against a set of standards that include regulations about confidentiality, professional training and credentials of clinicians, outreach efforts, and responsiveness to student mental health needs.

For more information, please visit our website at: <https://inside.manhattan.edu/student-life/counseling-center/index.php> (<https://inside.manhattan.edu/student-life/counseling-center/>)