



## University of Bridgeport's Counseling Services

Receive the mental health support  
that you deserve

***College can be one of the most exciting times of your life — but with that excitement can come some new stressors. Sometimes, balancing your responsibilities, relationships, and personal needs can become a juggling act — increasing your stress, anxiety, and other mental health concerns. Navigating these struggles alone can be difficult, but at UB, help is always here. Our free on-campus counseling services provide you with the wellness-based support you deserve, helping you achieve the balance necessary to make the most of your college years.***

### Accessible counseling services — right on campus

At University of Bridgeport, your wellness is what matters the most. Whether you're a part-time, full-time, undergraduate, or graduate student, UB has your back. We offer free in-person and virtual counseling services to all currently enrolled students. Located on the 2nd floor of Carstensen Hall, our counseling team is equipped to address the concerns of diverse learners from all backgrounds — providing support for needs ranging from academic success to anxiety and depression.

### Professional services

Whether you're seeking a mental health screening or regular therapy sessions, our counseling staff is here to help.

We offer:

- Crisis intervention
- Outreach programs
- Group therapy
- Psychiatric services
- Individual therapy
- Referral services
- Mental health screenings

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## Types of counseling available

At UB, our highly trained counselors are ready to address a wide range of student concerns.

We provide support and therapy for:

- Abuse and violence
- Academic success
- Adjusting to University life
- Alcohol and drug abuse
- Death and grief
- Depression and suicide
- Family difficulties
- Health, diet, and body image
- Relationship difficulties
- Self-confidence
- Sexual assault
- Stress, worry, and anxiety

## Emergency support services

During our office hours, emergencies are handled immediately. In the event of an evening or weekend emergency, on-campus students can dial 4911, and their therapist will be notified. Off-campus students in crisis should dial 911.

### Additional resources

- **Crisis Text Line:** text HOME to 741741
- **Suicide Prevention Hotline:** call 988
- **National Referral Services for Local Resources:** call 211

## Book an appointment today!

To book an appointment, call or visit Counseling Services Monday – Friday from 9 a.m. – 5 p.m.