



UNIVERSITY OF
BRIDGEPORT

POLICY AND PROCEDURE

Title:	Counseling Services
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POLICY STATEMENT:

The University is committed to supporting the mental health and emotional well-being of all enrolled students. To this end, Counseling Services are provided as a free and confidential resource for current students seeking support with personal, academic, or psychological challenges.

Counseling Services are available to all undergraduate and graduate students currently registered at the University, regardless of program modality. The services offered include individual counseling, group therapy, crisis intervention, and referrals to community resources when appropriate. Licensed and professionally trained mental health counselors deliver these services in a safe, inclusive, and nonjudgmental environment.

The University encourages all students to make use of Counseling Services as part of maintaining their overall well-being and academic success.

PROCEDURE DETAILS:

Appointments can be made by contacting the Counseling Services office during normal business hours or emailing counselingservices@bridgeport.edu at any time. Walk-in support is available for urgent needs for those students who are able to visit campus. Off campus students are directed to call 911 if they are in a crisis and unable to reach someone from Counseling Services right away.

Students enrolled in distance learning programs/courses are encouraged to contact Counseling Services for success coaching that is available through a HIPAA compliant Zoom session. Those students outside the State of CT who require additional services will be connected with a local therapist that meets their needs.

The University upholds strict confidentiality standards in accordance with federal and state laws, ensuring that no information shared during counseling sessions is disclosed without the student's written consent, except in cases where disclosure is required by law. No information pertaining to counseling sessions will be included in academic records or job placement files.

Additional Resources Available:

Crisis Text Line: text HOME to 741741

Suicide Prevention Hotline: Call 988

National Referral Services for Local Resources: Call 211

PUBLISH POLICY STATEMENT (CLICK ON BOX NEXT TO OPTION-SELECT ALL THAT APPLY):

☒ UNIVERSITY CATALOG

☒ STUDENT HANDBOOK

☐ FACULTY HANDBOOK

☐ STAFF HANDBOOK

DEFINITIONS:

NA

EXCLUSIONS:

NA

OFFICES DIRECTLY AFFECTED BY THE POLICY:

Student Affairs, Counseling Services

HISTORY:

Approved Fall 2021

Revised Spring 2025

EFFECTIVE DATE:	Fall 2021
RESPONSIBLE OFFICE (ONLY ONE):	Student Affairs
REVIEW DATE:	April 2025

APPENDIX:

NA