



## Counseling Services

The SUNY Adirondack Counseling Division supports the holistic wellness of the campus community by providing free and confidential mental health counseling, education, and consultation. Students seeking counseling are welcomed with compassion and dignity, and respected in a culturally sensitive, non-judgmental manner. Counselors support students in their attempt to reduce symptoms of distress and in increasing positive coping strategies.

Our staff is composed of equity-minded professionals who provide evidenced-based interventions and services including individual and group counseling; training and consultation about mental health concerns; crisis intervention and response; and referral to other on-and-off campus resources.

Counselors are available to help with concerns such as:

- Coping with anxiety and/or depression
- Relationship issues
- Managing feelings of loneliness
- Managing the adjustment to college life
- Coping with personal issues that are interfering with academic success or personal success
- Managing mental health and wellness
- Referral services to off-campus providers
- Assessment and support for substance use, abuse, and addictions

SUNY Adirondack Counselors present informational and skill-building workshops throughout the academic year in areas such as: suicide prevention, stress management, healthy relationships, and substance abuse and addiction. They facilitate groups each semester which may include Mindfulness/Meditation, Lifelong Learner Support or other topics as needed.

Counseling services are free and confidential. All currently enrolled students are eligible and can find our office on the upper floor of Washington Hall. Appointments can be made by emailing [counseling@sunyacc.edu](mailto:counseling@sunyacc.edu) [1], calling 518-743-2249, or by stopping in to see our receptionist between 8am and 4pm.

**Source URL:** <https://catalog.sunyadk.com/studentservices/counseling>

**Links:**

[1] <mailto:counseling@sunyacc.edu>