



Help Starts Here

Services

Counseling Services is staffed by professional counselors and graduate counseling trainees under supervision. Counseling sessions are confidential and free of charge for currently-enrolled Fitchburg State University students.

A wide range of services are offered including:

- Individual, couples, and group counseling
- Consultation for faculty and staff
- Psychoeducational and prevention-oriented programming
- Referrals to outside agencies and community providers
- BASICS (Brief Alcohol Screening and Intervention for College Students)
- Training for faculty, staff, and student leaders

Reasons Students Seek Help

Often times, students encounter a variety of challenges during their college careers. Some seek counseling and find that it can assist with decision-making, increase one’s likelihood of academic success, and encourage personal growth. Students talk to counselors about a variety of concerns. Some examples include:

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| ■ Depression | ■ Relationships |
| ■ Anxiety | ■ Grief and loss |
| ■ Stress | ■ Adjustment issues |
| ■ Sexual orientation | ■ Sexual assault/abuse |
| ■ Substance abuse | ■ Eating concerns |
| ■ Self-esteem | ■ Anger management |
| ■ Family problems | |

Programming

The Counseling Services Office also offers numerous programs and workshops to address concerns of students and other members of the Fitchburg State University community. Staff are available to present on an assortment of health and wellness-related topics, which include but are not limited to:

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| ■ Abusive relationships | ■ Stress management |
| ■ Body image | ■ Sexual assault |
| ■ Communication | ■ Substance use and abuse |
| ■ Eating disorders | ■ Suicide prevention |

How to Speak to a Counselor

Counseling Services is open Monday through Friday from 8:30 AM to 5:00 PM. It is best to schedule an appointment in advance whenever possible by calling or stopping by the office. Counseling Services also offers an “Urgent Hour” at scheduled times (check the website for current Urgent Hours). Urgent Hour appointments are subject to staff availability and are intended to be brief for problem-focused concerns when a student is unable to arrange an appointment. In an emergency, an on-call counselor can be reached 24-hours a day via University Police (978-665-3111) or a member of the Housing Staff.

Office of Counseling Services

8:30 AM–5:00 PM

Hammond Hall

(978) 665-3152

fitchburgstate.edu/counseling

Mission Statement

The Counseling Services Office is a department within the Division of Student Affairs. Its primary purpose is to support and educate students, through the provision of prevention-oriented programming, high quality treatment services, and referral for psychological difficulties that may adversely impact students’ capacity to access and fully benefit from their educational experience. In an inclusive space, that honors the strengths, lived experience, and uniqueness of each individual, our counselors provide services focused on wellness, growth, and self advocacy, in order to enhance students’ success at the University and in the larger community.