CCSD Services

If you would like to deal more effectively with:

- Feelings of loneliness
- Anxiety and stress
- Major/career decisions impacted by emotional concerns
- Academic difficulties
- Relationships and developing your interpersonal skills
- Sexual identity
- Major life changes and transitions

Questions?
Please consult our web site www.udel.edu/counseling or call 302-831-2141.

Services are provided by licensed psychologists, licensed psychiatrists, or doctoral level psychologists in training. Staff are committed to treating all students with respect, regardless of race, color, national origin, sex, disability, religion, age, veteran status, gender identity or expression, and sexual orientation.
The Center for Counseling & Student Development (CCSD) ascribes to a brief treatment model which meets the needs of a large majority of our students.

The major programs of the Center are as follows:

**Counseling**

Individual and group counseling are two of the major functions of the Center. Students who seek such services present with a wide variety of personal, career, and educational concerns. It is the Center’s goal to assist such individuals in identifying problems, developing alternatives, and making decisions, either by using the services offered at the Center or those provided by others on or off campus.

**Psychiatric Services**

Center psychiatrists may prescribe medications to assist students who are in counseling at the Center. While they do not provide medications for students who are in counseling with off-campus providers, they will be happy to assist in identifying off-campus psychiatric referrals.

**Career Development**

A wide variety of workshops and programs on career development issues are offered each semester. The Center works closely with the Career Services Center to provide the campus with comprehensive career development services.

**Consultation**

The Center staff is available for consultations with students, parents, staff, professionals, and faculty. These consultations may include: focusing on an individual concern, planning special programs, addressing group dynamics and interpersonal communications, considering ways of improving student environments, or dealing with other issues which may have important psychological dimensions.

**Student Development**

The Center staff is available to present special interest workshops and discussions in residence halls, classes, and to student organizations. These programs may focus on interpersonal skills, career development, stress management, or tailored to the needs of the group, etc.

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**How to Make an Appointment**

Appointments to see a counselor may be made in person or by telephone by calling 831-2141 during office hours Monday through Friday. The student’s first contact with CCSD will typically be an assessment appointment in which the student and the counselor make decisions about the type of help needed. Students requiring immediate psychological help can be seen on the same day for an emergency appointment.

**Confidentiality**

Counseling sessions at the Center are confidential, and information about those sessions is not released except upon an individual’s written request, in circumstances which would result in clear danger to the individual or others, or as may be required by law.