

OFFICE OF COUNSELING SERVICES

Located on 2nd floor of the Student Recreation & Well-Being Center

Provides free & confidential mental health care to registered ODU students.

Services Offered:

- Individual & Group Counseling
- Psychiatric Services
- Crisis Intervention
- Outreach
- Meditation Room
- Online Mental Health Resources



Scan here to
schedule an
appointment



YOU MATTER. WE ARE HERE FOR YOU.



RED FOLDER CAMPAIGN

Recognize, Respond, Refer

Help a fellow Monarch



Scan here for more info

In emergencies, call 911 or ODU PD: 757-683-4000

OCS 24/7 Support Line: 757-683-4401 (option 2)

Mental Health Crisis Line: Call/Text 988