



CONTACT US

Located on the 2nd floor of the Student Recreation & Well-Being Center, under the plant wall.

Phone numbers:

- 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

Scan the QR code below or go to our website to schedule an appointment through the Monarch Wellness Portal.



IG: @odu_counselingservices
odu.edu/counseling-services

Help a Fellow Monarch

RED FOLDER CAMPAIGN



1 RECOGNIZE

See the signs of peers in psychological distress

2 RESPOND

Learn skills to effectively intervene and address peers of concern

3 REFER

Direct peers to appropriate campus & community resources

Office of Counseling Services



MENTAL HEALTH MATTERS

We provide free & confidential mental health care to registered ODU students.

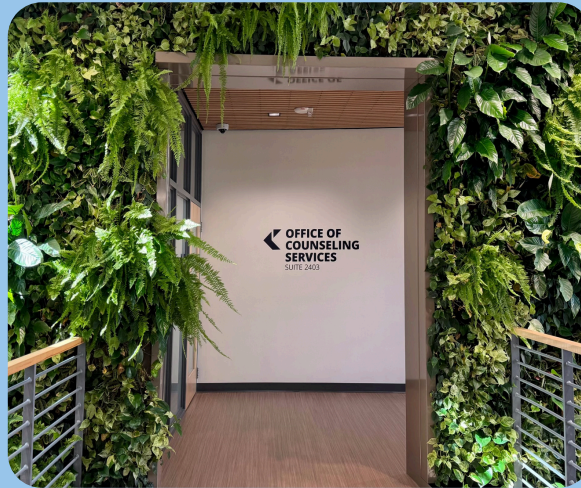
About Us

We utilize a Solution-Focused Brief Therapy approach to help students work towards their goals. You can schedule a same-day or next-day appointment with a counselor through the Monarch Wellness Portal. Virtual and in-person appointments available.

Services Offered:

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

Our Mission



Through collaborative relationships, we strive to create a culture of care by providing guidance, resources, and support tailored to individual aspirations, fostering personal growth, academic success, and well-being.

We welcome all students regardless of race, gender, ethnicity, age, sexual orientation, citizenship, or physical status.

Meditation

The Office of Counseling Services hosts the Meditation Room, seen below. This is a quiet, therapeutic space for students to practice mindfulness & meditation to find peace between studies.

Thirty minute sessions can be booked through the Monarch Wellness Portal.

