Navigating Dartmouth Counseling Center

START HERE

- 15min paperwork and survey
- 30min assessment
- Discussion of continued care
- Referrals
- Appointment is usually within 1 week of scheduling it

Student Seeks Counseling

Chronic/Not Emergency

Schedule Initial Triage Appointment at (603) 646-9442 and Attend

Other Campus or Community Resources (ex. AA groups)

Medications Only

Psychiatric Medication Evaluation

Obtain Psychiatric Medications

Referral to Off-Campus Mental Health Provider

Go to Dick’s house and say you have an urgent concern and need to speak with the counselor-on-call or call the office at (603) 646-9442. To speak with a member of our crisis response team after office hours, contact the IPD at (603) 646-4400. The IPD is accessible fall, winter, and spring academic terms. To reach the on-call counselor any other time, call Safety and Security.

Urgent Concern Examples

- Thoughts and/or plans to hurt yourself or someone else
- Engaging in a behavior that is life-threatening
- If you have been assaulted physically or sexually

Provider Conducts Assessment and Recommends Course of Action/Referrals

Long Term Counseling

- Nutritionist referral
- Group Setting
- Nutritional Concerns
- Short Term Counseling
- Limited number of meetings to accomplish goals, possible referral Off-Campus if student goals are not met with short-term model

Examples of Reasons Students Seek Counseling

- Unhappy most days or feeling a sense of hopelessness
- You worry excessively or are constantly on edge
- Unable to concentrate on schoolwork or other activities
- Unable to sleep at night or constantly feel tired
- A change in your appetite or weight
- You have experienced a loss (e.g. a relationship breakup, a parent’s death)
- You have increased your use of alcohol or other drugs
- You feel overwhelmed by what is going on in your life
- You are having thoughts about hurting yourself or someone else

Notes

- The Counseling Center (CC) does not charge for services
- Student’s insurance plans are accepted for community referrals
- Spouses/domestic partners of enrolled Dartmouth students are not eligible for counseling services
- Workshops are held if there are at least 4 students attending; some require referrals, some are open to all students

Important Numbers and Hours

- Counseling Center: (603) 646-9442
  - To reach the counselor on call during breaks between terms or summer term, call S&S
- Safety and Security (S&S): (603) 646-4000
- Inpatient Department (IPD): (603) 646-9440
- Fall/Winter/Spring: 8AM-5PM, M - F
- Summer/Interim: 8AM-4PM, M - F

(ADDITIONAL RESOURCE) Mental Health Screening:
https://screening.mentalhealthscreening.org/Dartmouth