

Navigating Dartmouth Counseling Center

START HERE

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

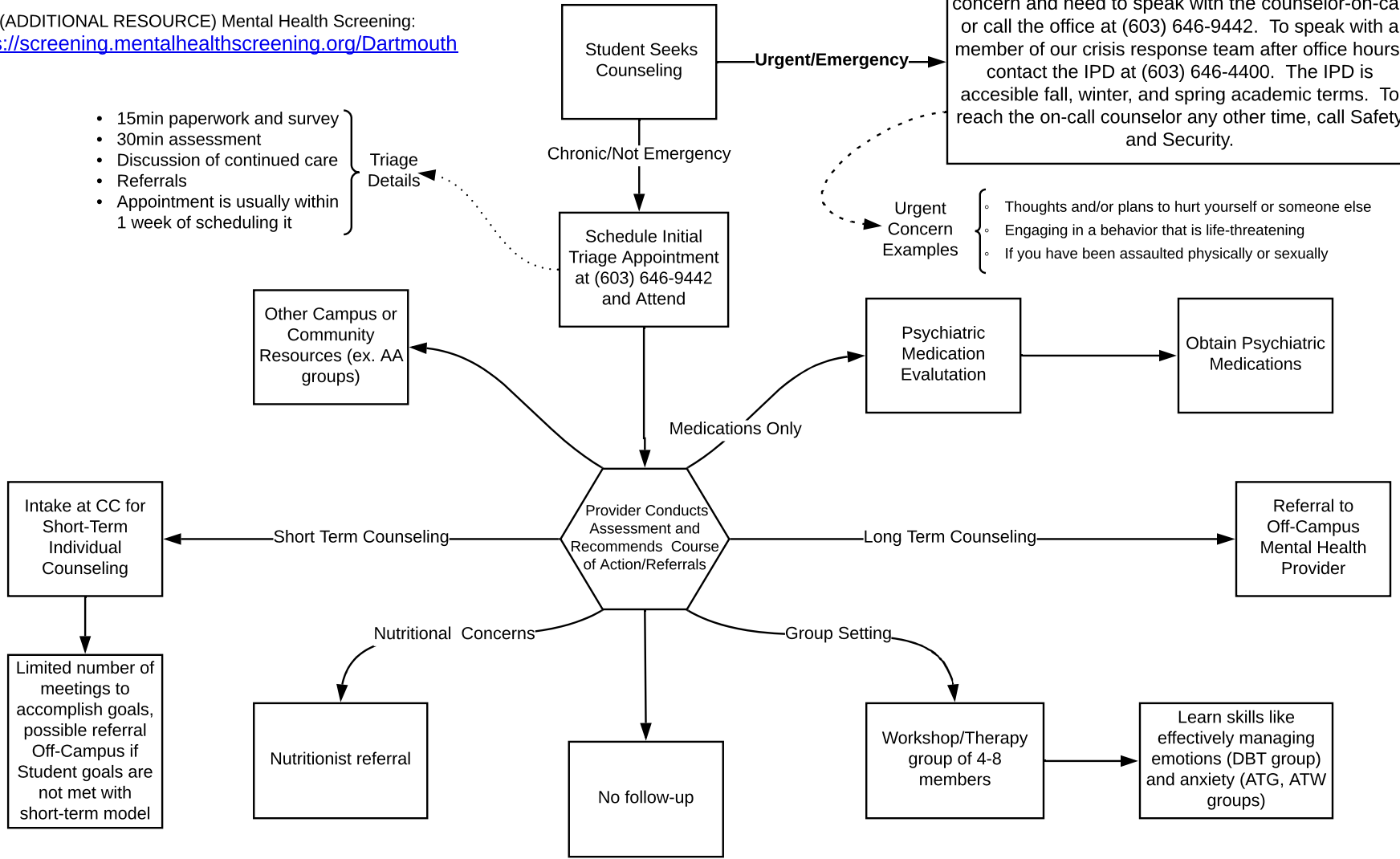
- 15min paperwork and survey
- 30min assessment
- Discussion of continued care
- Referrals
- Appointment is usually within 1 week of scheduling it

Triage Details

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



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 accessed 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