COUNSELING CENTER

Stress, anxiety, depression and a host of other personal struggles can often prevent students from obtaining their full potential. The Counseling Center provides confidential mental health services to undergraduate and graduate students at the University of Dayton. The Counseling Center has adopted a drop-in model where students can see a mental health professional same-day by visiting Gosiger Hall during Drop-In Hours. Students may utilize drop-ins to talk one time with a mental health professional, or to link to ongoing services. Ongoing services include individual and group counseling to help students increase effective coping, overcome obstacles, and achieve a healthy well-being.

Services are entirely confidential, with a few exceptions: if your life or the life of another is in immediate danger, if there is endangerment to a minor or vulnerable adult, if you disclose upcoming hazing, or if there is a court order. If you are under 18 years old, there may be additional exceptions.

Matriculating undergraduates, graduate assistants, physician assistant students, law students, and Lalanne teachers are eligible for ongoing services at no charge. Other graduate students pay on a fee-for-service basis for ongoing services. Drop-In Hours are free for all students. The Center is accredited by The International Association of Counseling Services, Inc.

For any questions, contact the Counseling Center at 937-229-3141 or visit us during business hours (Monday - Friday, 8:30 am - 4:30 pm) on the first floor of Gosiger Hall.