

# Counseling Services

The Bridgewater College Counseling Center stands ready to assist students in resolving their mental health concerns. Each year, a significant number of students utilize the Counseling Center as a means to address the emotional stressors that impact their day-to-day experience on campus. The Counseling Center is composed of licensed professional counselors, residents in counseling, and graduate counseling interns who are prepared to provide quality mental health services. Treatment at the BC Counseling Center takes a holistic, solution-focused approach to healing, and begins with individual therapy. Referrals for additional services (e.g., long-term therapy, group services, health services, academic services, specialized treatment, etc.) are made as needed. The staff works closely with campus partners to ensure campus resources are utilized and students are provided with the most comprehensive care as possible. Counseling services are confidential, and student counseling records are maintained separately from all other College records.

The Counseling Center is open 8 a.m.-4:30 p.m., Monday through Friday. Appointments can be made by coming to suite 129 in the Kline Campus Center. For questions you can email [counseling@bridgewater.edu](mailto:counseling@bridgewater.edu) or call (540-828-5402).

Students who come to Bridgewater with a previous mental health history or are under the care of a mental health provider or psychiatrist are encouraged to contact the Counseling Center staff prior to the beginning of the semester in order to coordinate care and ensure a smooth transition.