

Counseling Services

Change is exciting and stressful. The Counseling Center provides confidential and professional counseling services to students on a short-term basis at no cost. The staff specialize in individual and group psychotherapy and with the student's permission, will consult with other providers to ensure that the student is receiving the best care possible. Our counselors are dedicated to the health and well-being of our students. Counseling Center records are confidential and 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 only via email (counseling@bridgewater.edu) or by phone (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.