

Counseling Center

NC State and the **Counseling Center** work hard to create a campus culture that supports and connects us all. College is a time for tremendous intellectual, social and professional growth. But as we create leaders and innovators, we also want to cultivate emotional and psychological growth that will allow our students to be successful and flourishing.

The Counseling Center provides individual and group counseling for NC State students wishing for assistance with personal, academic or career concerns. Services are primarily short-term in nature and referrals are made as appropriate. Counseling staff includes psychologists, professional counselors, social workers, graduate interns and psychiatrists who are available to work with students with concerns such as anxiety, depression, relationship issues, substance use, test anxiety, time management, dissertation support, and choosing a career. All counseling is strictly confidential with exceptions noted on the Counseling Center website. In addition to counseling, workshops and groups are offered throughout the year in a variety of areas.

The Counseling Center is located on the 2nd floor of the Campus Health Center, 2815 Cates Avenue. Initial appointments may be scheduled online or in person. Emergency after-hours assistance is available by calling the Counseling Center at 919.515.2423 and selecting the Counselor on Call. Additional information about services can be found on the Counseling Center's website (<https://counseling.dasa.ncsu.edu/>).

The Counseling Center is accredited by the International Association of Counseling Services (<http://iaccinc.org/>).

Campus Health Center

2815 Cates Avenue
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919.515.2423
919.515.8525

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