

Old Dominion University

Office of Counseling Services

Where to Find Mental Health Help

If You Need Help Right Now - phone 911 for help or ODU Police (757-683-4000)

There are a variety of resources on-campus that can help you! Remember, you are not alone when it comes to mental health concerns or helping a student in distress. Use your resources!

In-Crisis

- Call **757-683-4401** and press option #1 to speak to the front desk or walk to the Office of Counseling Services (**Student Recreation and Well-Being Center, 4700 Powhatan Ave, Norfolk, VA 23508**)
 - Office Hours:
 - Fall/Spring Semesters: Monday-Thursday: 8:00 AM – 7:00 PM/Friday: 8:00 AM – 5:00 PM
 - Summer & Breaks: Monday-Friday: 8:00 AM – 5:00 PM
- **24/7 OCS crisis support line:** 757-683-4401 and select option #2 to speak to a crisis counselor
- Schedule Rapid Access same-day or next-day appointment: [Click Here to Schedule.](#)
- National Mental Health Crisis Line **9-8-8.**

Non-Crisis

- **Counseling and Psychiatry Services**
 - Rapid access same-day or next-day counseling appointments. Schedule through the OCS website: [Click Here to Schedule.](#)
 - The online scheduling system opens at 7:00 AM each day, if appointments are full check back the next day or at a later time. Call OCS (option #1) for any questions (757-683-4401).
 - Learn about our model of care: [Click Here](#)
 - Online self-help resources and wellness modules: [Click Here](#)
- **Health Promotion Peer Support Groups:** [Click Here](#); Search peer support
- **Academic Support/Resource Coordination:** 757-683-3442
 - Submit a Care Referral- Student Outreach and Support Services: [Click Here](#)
- **Academic Coaching:** [Click Here](#)
- **Academic Advising:** [Click Here](#)
- **Academic ADA Accommodations:** [Click Here](#)
- **Find a Tutor:** [Click Here](#)

- **ODU Office of Intercultural Relations:** [Click Here](#)
- **Woman and Gender Equity:** [Click Here](#)
- **ODU Military Connection Center:** [Click Here](#)
- **Interpersonal Violence Resource:** YWCA [Click Here](#)
 - [24/7 Crisis Hotline: 757-251-0144](#)

Reporting

- **Title IX Office:** 757-683-3141: [Click Here](#)
- **TEAM Committee:** Concerns for safety/threat: [Click Here](#)
- **ODU Police Services:** [Click Here](#)
- **Dean of Students Office:** [Click Here](#)