

FORDHAM UNIVERSITY COUNSELING & PSYCHOLOGICAL SERVICES (CPS)

Rose Hill

O'Hare Hall, Basement
(718) 817-3725

Lincoln Center

140 W. 62nd St, Suite G02
(212) 636-6225

London

2 Eyre St Hill, Room 204
lwoods@fordham.edu

CPS offers free, confidential, equity-based services, customized to each student's unique needs, including:

- ◆ Brief individual counseling
- ◆ Short-term individual counseling
- ◆ Extended individual counseling
- ◆ Group counseling
- ◆ Peer counseling
- ◆ Walk-in and crisis intervention
- ◆ Psychiatric consultation, evaluation & medication management
- ◆ Personalized referrals to off-campus providers

Hours

Monday-Thursday:

9am-7pm

Friday:

9am-5pm

Summer Hours: **9am-5pm**

More information at:
www.fordham.edu/cps

Emergency Resources

If you or someone else is experiencing a mental health emergency during our office hours, please contact us and ask to speak with a counselor immediately. During other times, please contact any of the resources below. Resident students may also contact their RA or RD.

Fordham Public Safety

Rose Hill: (718) 817-2222
Lincoln Ctr: (212) 636-6067
Westchester: (914) 367-3001



CRISIS TEXT LINE |

Text HELLO to 741741

Free, 24/7, Confidential

Your First Appointment:

To set up your first appointment, please call or stop by our office to schedule an initial phone screening or walk-in appointment with a counselor. This will help us determine how best to assist you. If your situation is urgent, please let us know so that we can arrange to see you immediately.

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Follow us on Instagram!

[@Fordham_CPSoutreach](https://www.instagram.com/Fordham_CPSoutreach)

Check out our website!

www.fordham.edu/cps

Outreach Services:

CPS offers customized educational, prevention, and training programs for all student groups, departments, faculty, and staff. Past program topics have included:

- ◆ Supporting students of concern
- ◆ Stress management and relaxation
- ◆ Time management and procrastination
- ◆ Dating and romantic relationships
- ◆ Adjustment & acculturation concerns
- ◆ Coping with trauma or disaster

To discuss or arrange an outreach program, please contact our office to speak with our outreach coordinator.

Consultation Services:

CPS staff are available to consult with faculty, staff, coaches, family members, and students about individual students of concern and/or general campus-wide mental health issues.

Mission Statement

CPS is an on campus mental health service within the Division of Student Affairs at Fordham University. Our mission is to promote and support students' mental, psychological and emotional health and well-being through a range of direct clinical services; psychoeducational, outreach and prevention programs; and contributions to the mental health professions. Consistent with the University's commitment to *Cura Personalis* CPS strives to foster a community of care that recognizes and values the depth, dignity, and uniqueness of all students.

Statement and Resources on Diversity, Equity, Inclusion, and Justice

CPS is committed to the delivery of culturally competent services that honor and are responsive to the needs, strengths, and identities of Fordham's diverse community of students, faculty, and staff. CPS recognizes that ecological and systemic oppression and injustice continue to exist and have a negative impact on the mental and emotional health of our community. For this reason, CPS intentionally, actively, & continuously strives to develop and provide services that contribute to the promotion of social justice, inclusivity, and equity.



Additional Resources:

Wellness resources, such as stress management tools and self-assessments, are available online to all our students.

CareSolace, our referral partner, quickly connects students to quality care, regardless of circumstances.

