There is Help.

Within the last decade, anxiety and depression amongst college students in the United States has significantly increased. 31% of college students have felt so depressed in the past year that it was difficult to function, and more than 50% have felt overwhelming anxiety, making it hard to succeed academically.\textsuperscript{1} Even in the face of these alarming statistics, 40% of students with diagnosable mental health conditions did not seek help.\textsuperscript{2} East Carolina University’s Center for Counseling and Student Development (CCSD) is here to offer that help.

Who: The Licensed Professional Counselors, Licensed Clinical Addictions Specialists, Licensed Psychologists, Licensed Clinical Social Workers, Case manager, and Psychiatrists and Psychiatric residents of the ECU Center for Counseling and Student Development.

What: Free and confidential individual and group counseling, assessments, psychiatry and medication management, outreach programming, crisis intervention, mental health workshops, consultative services and referrals to any enrolled ECU student.

When: Office hours are Monday-Friday 8:00AM-5:00PM with walk-in or emergency crisis hours from 11:00AM-4:00AM. After 5:00PM, the counselor on call can be accessed by calling our center and following the prompt 7 days a week during academic semesters.

Where: 137 Umstead Hall. Enter the building through the back entrance, facing Slay Building, turn right and follow the signs into the reception area.

How: To schedule a first-time appointment, students may call our office starting on Fridays at 1:00pm at (252) 328-6661. These appointments are filled on a first come, first served basis for the following week. If a student is unable to obtain a new appointment during this time, they are encouraged to try again the following Friday at 1:00pm. Students experiencing a mental health emergency may seek crisis services on a first-come, first-served basis between the hours of 11:00AM-4:00PM each weekday. After 5:00PM on weeknights and during the weekends, a crisis counselor may be reached by calling our office at (252) 328-6661 and selecting Option 2. Crisis counseling is available 24 hours a day, 7 days a week when classes are in session, during breaks, and between classes.

Why: Because the mental well-being of college students is VITAL to academic success!

\textsuperscript{1} American College Health Association (2012). American College Health Association-National College Health Assessment II: Reference Group Executive Summary Spring 2012. Retrieved from http://www.acha-ncha.org/docs/ACHA-NCHA-