Emotional Resources

Maintaining good mental health is as important as keeping our physical bodies in good health. It strengthens and supports our ability to have a positive outlook on life and a strong self-image. This helps you to better take responsibility for the things you do and develop the ability to look at challenges as opportunities. It cannot be ignored!

On Campus Resources

Center for Counseling and Student Development – Supporting students using programs and services to help with reducing psychological symptoms, coping with life events, improving interpersonal skills, and increasing self-knowledge and resilience.

UD Helpline – 302-831-1001. Provides counseling over the phone any time. Can also provide details on relevant resources within the university. Multiple languages are available when requested.

Crisis Text Line – 741741. Provides confidential text message support.

Student Wellness and Health Promotion – Provides students with wellness tools to make healthy choices that contribute to a safer UD. Programs include Crisis Counseling and Victim Advocacy, Alcohol and Substance Abuse Support, and Wellness Education.

Division of Student Life – Provides innovative, challenging and engaging student-centered programs that are essential to students’ educational success.

Office of Academic Enrichment – Empowers students to develop the academic skills and strategies that will pave the way for future success. Provides tutoring, time management, on-line and in-person workshops.

Blue Hen Veterans – Serves as a voice for student veterans. Connects members with the resources to support academic and career success as well as build a student veteran community and foster camaraderie.

Off Campus Resources

University of Delaware Off-Campus Provider Directory – Available therapists if the student requires are beyond the scope of the services offered by the Center for Counseling and Student Development.

Therapists in Newark – A listing of therapists available in the Newark area, searchable by insurance, issues, sexuality, gender, age, language, faith, and types of therapy.

Alcoholics Anonymous – An international fellowship of men and women who have had a drinking problem.
Narcotics Anonymous – A global, community-based organization that offers recovery from the effects of addiction through working a twelve-step program including regular attendance at group meetings.

7 Cups - Free, anonymous and confidential online text chat with trained listeners, online therapists & counselors.

11 Things to do to Start Being Happy Today (article by Benson Wong)

Meditation 101: Techniques, benefits, and a Beginner’s How-To (article)

6 Podcasts to Listen to When You’re Feeling Stressed, Because We All Need to Chill out Sometimes

8 best podcasts to de-stress and soothe your frazzled mind

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