

Counseling Center (CC)  
603-646-9442

# Navigating Dartmouth Counseling Center (CC)

**EMERGENCY:  
CALL 911**

↔ **START HERE** ↔

Schedule an initial Triage appointment\* by coming to the CC, or calling 603-646-9442

Non-Emergency  
Mental Health Concern

**Acute  
Urgent/Crisis**

During business hours, call (603-646-9442) or go to the Counseling Center (2<sup>nd</sup> floor of Dick's House) and request to speak with the on-call counselor. After hours, call 603-646-9442, and press option 1 to initiate on-call services.

**What happens during a Triage appointment?**  
Complete an online questionnaire, discuss your concerns by phone with a counselor, counselor makes clinical recommendation for next step.

*\*If you are specifically interested in ADHD, please let the scheduler know at the time you schedule a Triage appointment.*

## Crisis Examples

- Thoughts and/or plans to hurt yourself or others
- Engaging in behavior that is life-threatening
- If you have been assaulted physically or sexually
- Inability to sleep, eat or attend class

## TRIAGE OUTCOMES

### CC Intake for Short-term Individual Counseling

Meet on a short-term basis in-person, by phone or Zoom. Number and frequency of sessions are established between the counselor and student.

Visits at the CC are FREE!

### Medication Evaluation Referral

The referral could be to one of the psychiatrists in the Counseling Center or to a Primary Care provider. Medication may or may not be prescribed.

### Referral for an ADHD Evaluation

Referral to Primary Care/  
Dietician

### Workshop, Discussion or Therapy Group

Groups offered have related to anxiety, ADHD, DBT, grief, etc.

View our website for group details.  
[Dartgo.org/CCWorkshops](http://Dartgo.org/CCWorkshops)

### Other Campus or Community Resource

Examples of campus resources:  
-Deans Office  
-OPAL  
-SAS  
-SWC  
-Tucker Center  
-Title IX Coordinator  
-WISE

### Referral to a Community Provider

Work with the CC Case Manager to connect with a community counselor for long-term therapy.

You will usually have to pay something out-of-pocket (along with using insurance) for visits with counselors outside of the CC.



Counseling Center

Dartmouth College

603-646-9442

[Dartgo.org/Counseling](http://Dartgo.org/Counseling)

### What is the wait time for an appointment?

Students in crisis are seen the same day. For non-crisis appointments, students are offered a first appointment/triage within 1-6 business days. If you ask for a specific provider or depending on the specific time of the term, this time may be longer.