

# Student Development & Counseling Services

WPI is committed to cultivating a supportive campus environment, and offers a wealth of resources to support students' emotional health and well-being, including:

- Mental health counseling and consultation ([including online appointments](#)) through the [Student Development & Counseling Center](#)
- Crisis intervention and after-hours telehealth line ([508-831-5540](#))
- Student development
- Community development
- Group therapy

**The SDCC is open and available—staff are working to get students in quickly. Please call 508-831-5540 or schedule online [here](#)—and encourage others in need to reach out.**

**HELP. It's OK to need it. It's important to ask for it. Here's how to find it.**

## > MENTAL HEALTH & WELLNESS RESOURCES

If students need guidance, support, or just someone to talk to, they're encouraged to contact the [Student Development & Counseling Center \(SDCC\)](#) to set up an appointment for individual, couples, or group counseling. **Services are always free and confidential.**

Students can call the SDCC main number ([508-831-5540](tel:508-831-5540)) to schedule appointments. [Online appointment scheduling is also available.](#) During these scheduled appointments, the clinician will focus on clarifying and working on goals for treatment, then they will make a recommendation about next steps (following up as-needed, joining a group, helping students connect with specialists in the area, etc.). are open Monday-Friday from 8:00 am-5:00 pm each day while students are in session. Our summer hours are 8:00 am-4:30 pm.

The after-hours telehealth line, run by ProtoCall, can be accessed during non-SDCC business hours by dialing the SDCC main number: **[508-831-5540](tel:508-831-5540)**. When you call this number after hours (weekdays from 5 p.m. to 8 a.m. and on weekends), you will be able to speak with a crisis counselor through a choice available in the answering message menu.

The SDCC is dedicated to creating an inclusive, respectful, and comfortable environment where students can share openly and work with counselors to set goals, identify obstacles, and move in a positive direction. Confidentiality is taken very seriously, and only under certain, very specific conditions—outlined in the [confidentiality\\_policy \(PDF\)](#)—will counselors share information outside of the SDCC.

Students interested in learning the best ways to help their peers during times of crisis are encouraged to join the [Student Support Network](#), Active Minds @ WPI, or [Students Preventing Assault and Rape in Our Community \(SPARC\)](#).

**If you think someone is in imminent danger, call WPI  
Campus Police at [508-831-5555](tel:508-831-5555) (or call 911 if off-campus).**

## Help Friends When They Need You Most

The Student Support Network (SSN) at WPI gives you the skills to help friends in crisis. The six-week training program covers mental and emotional health, how to recognize warning signs and talk about sensitive issues, and more. Participants use role-playing and visualization in order to build their ability to respond effectively when a real emergency happens. Students are encouraged to apply and learn how to help their peers when things get tough.

**> APPLY NOW**

# Mental Health Screening

The short MindWise online quiz identifies common symptoms of mental health conditions like anxiety, depression, substance use disorder, disordered eating, and more. This clinically validated screening program is anonymous and provides immediate feedback to help encourage students to seek help when it's needed.

> TAKE AN ONLINE SCREENING

## Equal Opportunity & Outreach Office Offers Resources

WPI has a comprehensive and progressive approach to preventing sexual misconduct in the WPI community. Through the Equal Opportunity & Outreach Office, WPI's commitment to providing a learning, living, and working environment free from gender-based discrimination is reinforced and supported.

> LEARN MORE ABOUT TITLE IX

## Alcohol & Drug Task Force

The Alcohol & Drug (AOD) Task Force brings students and staff together to discuss substance use culture on campus, and create and maintain a healthy environment at WPI. Questions about the program can be [emailed to Sabrina Rebecchi](#).

> LEARN MORE ABOUT ALCOHOL & DRUG  
EDUCATION ON CAMPUS

The COVID-19 pandemic has had a major effect on our lives. The CDC recommends that if stress is getting in the way of your daily activities for several days in a row, you should reach out for help. You can contact WPI's Student Development & Counseling Center by calling 508-831-5540 or by emailing [sdcc@wpi.edu](mailto:sdcc@wpi.edu). Your conversations with SDCC are confidential.

“ The [SDCC] was a great resource for me when I was struggling to keep on top of everything freshman year. Anytime I was stressed, I knew that there were professionals on campus who I could confide in and talk through any obstacles I encountered. ”

**Accessibility  
Services**

**Health Services &  
Resources**

**Student  
Development &  
Counseling  
Center**

**Office of Health  
Services**

## Announcements

[> SEE MORE ANNOUNCEMENTS](#)

### **Employee Wellness: Barre/Pilates E2 Term FY24**

June 15, 2023 [\[Division of Talent & Inclusion\]](#)

### **6th Annual WPI Walking Challenge: June 5 thru July 3**

May 31, 2023 [\[Division of Talent & Inclusion\]](#)

### **Hello, Summer!**

May 03, 2023 [\[Be Well Together\]](#)

### **Ramping Up to Summer**

April 20, 2023 [\[Be Well Together\]](#)

### **Get Moving this Spring**

March 30, 2023 [\[Be Well Together\]](#)

### **Kosher Meals Being Made Available In Celebration Of Passover**

March 28, 2023 [\[Office of Diversity, Inclusion, and Multicultural Education \(ODIME\)\]](#)

### **WPI Celebrates Ramadan 2023**

March 23, 2023 [\[Office of Diversity, Inclusion, and Multicultural Education \(ODIME\)\]](#)

### **LGBTQIAP+ Advocacy Board, “Let’s Talk Hour”, Wellness Day and more**

March 16, 2023 [\[Be Well Together\]](#)

### **ODIME Forms New LGBTQIAP+ Advocacy Board**

March 09, 2023 [\[Office of Diversity, Inclusion, and Multicultural Education \(ODIME\)\]](#)

### **Mindful Consideration: Diversity Calendar Resources for Planning Campus Programs (D-Term/Spring Semester)**

March 07, 2023 [\[Office of Diversity, Inclusion, and Multicultural Education \(ODIME\)\]](#)