

# Counseling Services

## On-Campus Confidential Counseling Services

Counseling — or psychotherapy — is a confidential professional relationship that empowers students to address their personal problems in a non-judgemental, supportive space

The counseling relationship differs from friendships and patient-doctor contacts. Counselors are able to be objective because they are not involved in your daily lives. They don't give specific advice or tell you what to do. Instead, counselors serve as skilled listeners who help you clarify issues, uncover your feelings and help you develop strategies to manage problems more effectively.

NYUAD counselors follow a short-term counseling model with unlimited number of sessions at students' disposal. The number and frequency of sessions are solely based on each student's clinical needs and will be decided by the student and their counselor.

## Commitment to Inclusiveness

The Health Center is committed to providing quality care to all members of the NYUAD community who rely on our service. We recognize that race, ethnicity, gender, sexual orientation, religion, culture and socio-economic status may affect

the health of an individual and/or influence an individual's healthcare choices. With that in mind, we strive to be sensitive to the diverse needs of our student body. Our commitment is to treat all patients with respect, compassion, and sensitivity.

## Our Team

View counselor profiles (<https://students.nyuad.nyu.edu/student-affairs/people/health-center/>).

## Other Options for Psychotherapy Outside of NYUAD

Students' local and international health insurance can be used for psychotherapy in the community outside of NYUAD for those students who prefer to do so.

We have ongoing partnerships with different mental health providers in the community. Your NYUAD counselors can help you identify most appropriate options for your specific needs.

## What kind of problem is appropriate to discuss with a counselor?

Anything that troubles you.

Here is a partial list of common student concerns:

- > Depression
- > Homesickness
- > Stress
- > Anxiety
- > ADHD
- > Alcohol or drugs
- > Eating concerns
- > Academic anxieties
- > Roommate and friendship problems
- > Family problems
- > Suicidal thoughts
- > Sexual concerns
- > Identity concerns

# Initial Session

Typically, counseling involves an initial session where you meet with your counselor to discuss your primary concerns. From that point onwards, therapy can differ in frequency and content, but will always be confidential, collaborative, time-limited and using evidence based skills. Our counselors share a dedication to providing state-of-the-art services based on current research and thinking in psychology.

## What is Cognitive Behavioral Therapy?

- Additional information about Cognitive Behavioral Therapy (CBT) (<https://www.psychologytoday.com/intl/therapy-types/cognitive-behavioral-therapy>) approach.
- Common Myths and Misconceptions about CBT (<https://www.psychologytoday.com/intl/blog/think-well/201304/four-common-myths-and-misconceptions-about-cbt>)

## Schedule an Appointment

**Monday-Thursday**, 9am-5pm

**Friday**, 9am-12pm

Stop by our front desk at the Health Center or call us at +971 2 628 8124 (or 88124 from campus) to schedule an appointment to see a counselor. We are available Monday to Thursday between 9am-5pm and Friday 9am-12pm. Alternatively, email us at [nyuad.healthcenter@nyu.edu](mailto:nyuad.healthcenter@nyu.edu) (<mailto:nyuad.healthcenter@nyu.edu>).

## After-hours (after 5pm, Weekends)

The Wellness Exchange (Available 24/7)

To speak to a certified counselor for immediate support, the Wellness Exchange is available 24/7 at +971 2 628 5555 (85555 from campus) or via NYU Wellness Exchange App, available for Android ([https://play.google.com/store/apps/details?id=com.morneaushepell.enterprise.nyuwellnessexchange&hl=en\\_US](https://play.google.com/store/apps/details?id=com.morneaushepell.enterprise.nyuwellnessexchange&hl=en_US)) & iPhone (<https://itunes.apple.com/us/app/nyu-wellness-exchange/id1368445816?mt=8>).

The App functions 24 hours a day and in six languages.

The Wellness Exchange is your key to accessing NYU's exclusive health and mental health resources. This private, 24/7 hotline puts you in touch with

professionals who can help address your day-to-day challenges, as well as other health-related concerns.

Wellness Exchange support includes support for:

- > Academic stress
- > Depression
- > Sexual assault
- > Anxiety
- > Alcohol and other drugs dependence
- > Eating disorders
- > Relationship issues
- > Adjustment difficulties
- > Homesickness
- > Just need someone to talk to
- > To call about a friend etc.

No concern is too big or too small. The Wellness Exchange is here for you, whatever the reason.

## NYU Relaxation and Mindfulness Resources

- > NYU Relaxation Oasis (<https://www.nyu.edu/students/health-and-wellness/services/counseling-services/relaxation-oasis.html>)
- > Mindful NYU (<https://www.nyu.edu/students/communities-and-groups/student-diversity/spiritual-life/mindfulness/resources-media.html>)

## Health Center

Campus Center West (C2), Ground Floor, 046

Monday-Thursday

9am–5pm

Friday, 9am-12pm, 2:30-5pm

+971 2-628-8100

[nyuad.healthcenter@nyu.edu](mailto:nyuad.healthcenter@nyu.edu) (<mailto:nyuad.healthcenter@nyu.edu>)

Book an Appointment (<https://students.nyuad.nyu.edu/campus-life/health-center-new/appointments/>)

Instagram: [nyuad\\_healthcenter](https://www.instagram.com/nyuad_healthcenter/?hl=en) ([https://www.instagram.com/nyuad\\_healthcenter/?hl=en](https://www.instagram.com/nyuad_healthcenter/?hl=en))

## **After-hours Medical Nurse Advice Line**

+971 2-628-8100

## **Medical Emergency**

Ambulance/Emergency: 999

## **Campus Safety**

+971 2-628-7777

[nyuad.campussafety247@nyu.edu](mailto:nyuad.campussafety247@nyu.edu) (<mailto:nyuad.campussafety247@nyu.edu>)

## **Mental Health Support**

NYU Wellness Exchange (24/7)

+971 2-628-5555

[wellness.exchange@nyu.edu](mailto:wellness.exchange@nyu.edu) (<mailto:wellness.exchange@nyu.edu>)

**Mobile App** for Android ([https://play.google.com/store/apps/details?id=com.morneaushepell.enterprise.nyuwellnessexchange&hl=en\\_US](https://play.google.com/store/apps/details?id=com.morneaushepell.enterprise.nyuwellnessexchange&hl=en_US)) & iOS Devices (<https://itunes.apple.com/us/app/nyu-wellness-exchange/id1368445816?mt=8>)

## **International Health Insurance**

GeoBlue App for Android (<https://play.google.com/store/apps/details?id=com.hthworldwide.GeoBlue&hl=en>) and iOS Devices (<https://apps.apple.com/us/app/geoblue/id500753535>)

# Meet the Team