**Advising & Counseling​​**

**Personal Counseling**

Students at RVCC come to Advising and Counseling Services for a variety of reasons such as academic, personal, social, emotional, and vocational issues which are common concerns among college students. The staff at RVCC's Advising and Counseling Services provides free, short-term & confidential counseling services to the college community, including individual, couple and group counseling sessions. Our services are designed to help make your college years productive, rewarding, and satisfying as you meet the many challenges before you.

**Care for your Coronavirus Anxiety:** <https://www.virusanxiety.com/>

Please call our office at 908-526-1200, ext. 8336 to make an appointment, although drop-in sessions are available for emergencies.  We also have a list of web resources that you may find helpful.

**If you are in *crisis*, please contact:**

Somerset County Screening Center HOTLINE at 908-526-4100, or Hunterdon County Screening Center HOTLINE at 908-788-6400, or dial 911.

**In the event that you need to find emergency shelter, please contact the Board of Social Services:**

Somerset County: 908-526-8800, M-F 8:15am-6:00pm (after hours Helpline 1-800-287-3607) or Hunterdon County: 908-788-1300, M-F 8:30am-4:30pm (after hours Helpline 1-800-272-4630)

**Some typical reasons why students meet with us are as follows:**

* academic problems
* anxiety and / or anger issues
* mood disorders / depression / bipolar disorder
* family concerns
* lack of direction / focus / time-management
* sexual abuse / violence
* eating disorders
* grief counseling
* abuse of alcohol and / or drugs

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| ​Mental Health Counseling:  **Gina Kuijlaars**, LPC, CCFC, CMHIMP, CCATP (Confidential Resource) | ​College Center, Room 165  **Temporarily, we will be seeing students in the College Center, room C206** | ​908-526-1200, Ext. 8336  personalcounseling@raritanval.edu |