

The Wellness Center

P: (413)528-7353

email: wellnesscenter@simons-rock.edu

The Wellness Center is open Monday thru Friday 9:00 AM- 5:00 PM during the academic year while classes are in session. Evenings and weekends please contact Campus Safety at (413)528-7291.

Counseling Services Access Plan 2023-2024

To Schedule a Counseling Appointment:

Please follow the steps below:

1. Go to the Wellness Center webpage: simons-rock.edu > student life > living on campus > The Wellness Center.
2. Click on the link provided for the **Counseling Request Form**.
3. Complete and submit the form online.
4. You will be emailed an intake appointment time from Counseling Services that matches with the schedule provided.

To Access Counseling Services for a Crisis or Urgent Situation:

If you are experiencing a crisis or urgent situation related to your mental health, please follow the steps below:

1. Connect with a Community Director or Campus Safety.
2. For Campus Safety, you can go directly to the Campus Safety offices on the ground floor of the Student Union or call 413-528-7291 or dial 0 from any campus phone.
3. The Community Director and/or Campus Safety will speak with you about your concerns and then connect you to the appropriate resource.