

Our Services

Short-term Individual Counseling: Students can receive counseling for a limited number of confidential sessions with one of our trained counselors. Your counselor will listen objectively and help you explore issues that are important to you, while helping you develop effective coping strategies.

Drop-In Hours: Drop-in consultations are brief, confidential meetings with one of our counselors to discuss a specific concern. You do not need to schedule an appointment and students are seen on a first-come, first-served basis. Please note, drop-in sessions are not considered formal mental health treatment.

Crisis Intervention: If you are experiencing a psychological emergency, counselors are available 24 hours/7 days a week. During office hours, please call the main line or come into the office and request to speak with an emergency counselor. After-hours, please call the main line and “press 2” to be connected with a counselor.

Psychiatric Services: Students who are being seen for counseling within our center are eligible to be evaluated by our part-time psychiatrist if needed. Psychiatric services include evaluation, followed by time-limited medication monitoring until clients can be connected to a community provider.

Substance Use Disorder Services (SUD): Along with campus-wide prevention programming, Counseling Services offers SUD assessment, education, and treatment.

Confidentiality

Counseling records are kept strictly confidential. No record of counseling is contained in any academic, educational, or job placement file. No information will be released to any person or entity (including anyone at Ramapo) without your written consent, unless there is evidence of clear and imminent danger of harm to self and/or others, if there is evidence of physical abuse, sexual abuse, or neglect of any person under 18 years of age, and/or if there is a court order issued by a judge.

How to Access Services

Students interested in individual counseling can visit or call Counseling Services to schedule an appointment. During your first session one of our counselors will gather information about your concerns and explain possible treatment recommendations. After your intake meeting, our counselors will meet to determine how to best support you. One of our counselors will then contact you to schedule your first counseling session and/or discuss recommendations. Drop-in and Emergency services are provided on a walk-in basis, no appointment needed.

Contact Us

Location: Academic Complex D, Room 216 (D-216)

Office Hours During the Academic Year:

Monday – Friday | 8:30 a.m. – 4:30 p.m.

**Drop-in Hours: 1 - 3 p.m.,
Last client seen at 2:40 p.m.**

Please note that hours change during the summer to Monday - Thursday.

Please call **(201) 684-7522** to schedule an appointment, speak with an emergency counselor, or obtain further information. For **after-hours emergencies**, please call our main number and press “2” to be connected with an Emergency Counselor.



RAMAPO COLLEGE COUNSELING SERVICES



COMMITMENT TO DIVERSITY



Our Commitment

Counseling Services at Ramapo College is committed to promoting and supporting diversity by fostering an atmosphere of inclusiveness and respect. We have a Multicultural Specialist on staff who ensures that our diversity initiatives effectively address the needs of our students. In addition, our counselors have completed Safe Space training to ensure that we create an affirming environment for our LGBTQ+ students.

Our staff embraces and respects individual differences in age, gender, culture, race, ethnic identity, religious affiliation, sexual identity, disability status, socioeconomic status, etc. We also recognize that for historically underrepresented groups, issues such as power and privilege, stereotyping, discrimination, and systemic racism can have a significant impact on their life experiences.

Counseling affords students the opportunity to explore their thoughts and feelings about various life issues, while developing effective ways to cope with their problems. We understand that some students may be hesitant to seek counseling because they are afraid of being misunderstood. Counseling Services strives to establish an inclusive and validating environment that values the varied social and cultural experiences of our students and provides a safe place to be heard, understood, and appreciated.

We invite students who may be struggling with a personal problem or mental health concern to schedule a visit with one of our counselors or stop by during drop-in hours. In addition to the services provided at the counseling center, we can work with students to identify other helpful on-campus and community resources.

Diverse Experiences

In addition to common concerns such as depression, anxiety, academic adjustment, relationship difficulties, feeling stressed or overwhelmed, and career uncertainty, students from historically underrepresented groups can face their own unique challenges. Counseling offers a culturally responsive and confidential space to explore issues that can include the following:

African American students can sometimes struggle with issues related to racial identity development, first-generation status and lack of parental familiarity with higher education, stereotype threat, imposter syndrome, the negative effects of discrimination and racism, etc. In addition, there can sometimes be unique family and cultural expectations that can interfere with their ability to function or succeed academically. The college experience may also make it difficult to maintain connections to cultural identity, as well as family members and friends at home.

LatinX students can at times have difficulty around issues such as first-generation status, imposter syndrome, gender-related cultural expectations, family problems, concerns about personal and/or family immigration status, ethnic identity exploration and development, the negative effects of discrimination and racism, etc. The college experience may also make it difficult to maintain connections to ethnic identity, as well as family members and friends back home.

Asian American and Pacific Islander students at times confront difficulties around family and cultural expectations, first-generation status, concerns about personal and/or family immigration status, pressure to meet certain standards, perfectionism, gender-related cultural expectations, finding school-life balance, feeling invisible, ethnic identity exploration and development, the negative effects of discrimination and racism, etc.

International students can sometimes encounter issues such as cultural adjustment difficulties and lack of familiarity with the US educational system, feeling invisible or isolated, language and cultural barriers, personal immigration status, financial concerns, maintaining connections with their home culture, family, and friends, etc.

LGBTQIA+ students at times can experience concerns around sexual orientation, gender identity development, homonegativity, heterosexism, homophobia, transphobia, loss of support from others, etc.

Low SES students from lower socioeconomic backgrounds can sometimes experience stressors around paying for college, financial concerns, first-generation status, classism, fear of failure feeling alienated due to lack of resources, etc.

These are just some of the issues that students may struggle with during their college years. We understand that there are a range of other concerns and we invite you to use our counseling services to discuss whatever issue is most important to you.