

Welcome from the University Counseling Center



August 04, 2026

Dear Students,

Welcome to Notre Dame from the University Counseling Center Staff. We look forward to your arrival on campus very soon, and encourage you to prioritize your wellness as you make the transition to Notre Dame. Maintaining your health and well-being is key to your academic success. Get enough sleep, eat well, move often, and find time to relax and do things you enjoy. Put yourself out there to make connections with others, and remember it takes time to find good friends. It's also important to expect your adjustment to Notre Dame will likely include both ups and downs. Everyone's college experience includes challenges, but it's how you deal with those challenges when they arise that's important. Don't go at it alone. Notre Dame has a wealth of support resources to assist you, including the [University Counseling Center](#) (UCC).

The UCC is a resource that about 30 percent of students utilize during their time at Notre Dame. Our mission is to provide a range of professional counseling services to help students address mental health concerns so you can make the most of your Notre Dame experience. It's important for you to be aware of our services, in the event that you or a friend needs our assistance.

If you are currently receiving mental health services, speak with your provider to determine whether you are able to continue services via tele-health while you are at Notre Dame. If you are unable to continue with your provider at home, please visit us to learn more about how we can support your counseling or medication management needs either on or off-campus. If you find that you are experiencing symptoms of anxiety, depression, or other mental health issues, please come in for a drop-in appointment to learn more about how the UCC can help.

Who We Are

The [University Counseling Center](#) (UCC) provides a safe, confidential space where students can feel free to explore a wide variety of issues and concerns. The UCC works to hire clinical staff who are representative of our student body. Operating from a step care model that emphasizes a brief, solution-focused treatment approach, our skilled and knowledgeable counselors help students learn new skills to resolve issues and increase

wellness. We believe in the power of group counseling as a means of increasing students' self-awareness and skills in forming authentic relationships with others and increasing a sense of belonging on campus.

The UCC is a space where all student concerns are kept confidential. This means that any information you share in counseling will not be shared with anyone outside the UCC without your written permission. There are a few exceptions to confidentiality such as if you share you are at immediate risk of harm to yourself or others, disclose abuse to vulnerable populations (typically children/elderly), or if a court order is issued for your records. In these situations we may need to share information to protect you or someone else.

Counseling services at the UCC are free and include: brief consultations with counselors in-person or through the [UCC Talkline](#) available 24/7 at 574-631-TALK; [workshops to learn new skills](#) to better manage stress or other concerns; [group counseling](#); [individual counseling](#); [psychiatric care for medications](#); [24/7 crisis care](#); and [referrals to off-campus treatment providers](#). Services are offered in English, Spanish, and Mandarin. All services provided at the UCC are in-person. Tele-health mental health and medical and psychiatric services, as well as wellness coaching, are available to students at no cost through a third-party vendor, [TimelyCare](#).

How to Access Care

All students access UCC services through our [Drop-In system](#). Typically, Drop-In appointments are 30 minutes and focus on your current situation and what type of changes you would like to see in your life. You may find that talking about things during your Drop-In appointment meets your needs, or you and the counselor may decide that some additional services at the UCC or with another campus resource would help you explore and address your concerns.

Drop-In hours are available weekdays. Please check our [website](#) for exact times.

Where We Are Located

The UCC is located on the third floor of Saint Liam Hall. Our Sport Psychologists have offices to meet with varsity student athletes in the Joyce Center. You can reach the UCC by phone at 574-631-7336. After office hours, call the UCC and follow the voicemail instructions to reach the on-call counselor. Our after-hours counseling service is staffed by licensed counselors, who can provide immediate assistance by phone regarding a variety of issues, crisis intervention or consultation, and can facilitate transition to UCC daytime services.

Enjoy the remainder of your summer. If you have any questions about our services, please reach out to us. We're here to help.

In Notre Dame,

Christine Conway, Ph.D. HSPP
Director, University Counseling Center



Welcome Weekend

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