



DRAKE COUNSELING CENTER

3116 Carpenter Avenue
515-271-3864

Hours

Monday through Thursday: 8:30am to 5:00pm
Friday: 8:30am to 3:00pm

The counseling center is offering individual telehealth appointments, including weekly mental health support groups. Virtual “walk-in” hours and professional consultation appointments for out of state students are also able for our students. Counseling appointments are a free service for Drake students. Students can make an appointment to talk with a counselor about stress, anxiety, depression, suicidal ideation, self-harm, interpersonal conflict, trauma, academic and professional concerns, or challenges related to chronic mental health. This list is not exhaustive; if you are facing challenges, please contact the counseling center!

You can schedule an appointment in advance that works best for your schedule. Or on Tuesdays and Thursdays the center offers same day scheduling and virtual “walk-in” appointments from 9am-3pm. If you would like to utilize a walk-in time, call the counseling center in the morning to request an appointment for that day.

If you are currently outside of Iowa, licensing laws prevent counselors from seeing you for therapy. But you can call and speak with a counselor on Tuesdays and Thursdays for a 30-min consultation. Consultation appointments will focus on developing a plan and connecting you with services where you are currently residing.

If you would like to make an appointment with a counselor, please call 515-271-3864 or email CounselingCenter@drake.edu

Current Support Groups:

Together, Not Alone

Mondays 4-5pm

A weekly mental health support group where students can talk about their resources and challenges without judgement. Counselors will also present on different topics related to mental health. To register for this group, please fill out the provided link and meeting details will be emailed to you.

http://drake.qualtrics.com/jfe/form/SV_2nxzPAovSeYWMFn

There's a First Time for Everything

Wednesdays 4-5pm

A weekly support group focused on skill building and connecting other students who are facing challenges adjusting to their first year of college. To register for this group, please fill out the provided link and meeting details will be emailed to you.

http://drake.qualtrics.com/jfe/form/SV_6QLHUDOpMclXDsp

Wellness Wednesday

Wednesdays 11:30am-12pm

Each Wednesday join the counseling center for a self-care practice that will focus on mindfulness and caring for the mind, body, and spirit. Facilitated by Julie Rice, Counseling Center Intern and Registered Yoga Teacher and Mindfulness Expert. To register for this group, please fill out the provided link and meeting details will be emailed to you.

http://drake.qualtrics.com/jfe/form/SV_7Wmmxh8gpS1Dngx

Additional Resources:

National Crisis Text Line: 741741

Trevor Project LGBTQ Crisis Line: 678678 (text) 1-866-488-7386

BlackLine BIPOC support line: 1-800-604-5841

Drake Student Counseling Center 515-271-3864

24/7 Local Crisis Line 515-282-5752

Broadlawns Crisis Observation Center-24-hour observation center. Free for Drake Students. 1801 Hickman Road. Des Moines, IA

Broadlawns Psych Urgent Care Clinic- Walk-in clinic open M-F 9a-7p. 1801 Hickman Road. Des Moines, IA 50310. 515-282-5752

<https://www.nowmattersnow.org/>