

Feeling anxious, depressed or overwhelmed?

UD Helpline is here for you.

302-831-1001



Being a Blue Hen means having access to assistance. Reach a counselor any time of day or night at the phone number above, or visit www.udel.edu/counseling to learn about the many services that we offer.

The Division of Student Life is here to help you thrive in your #LifeAtUD.



Division of Student Life

CENTER FOR COUNSELING & STUDENT DEVELOPMENT