

Counseling Services

Central Piedmont's Counseling Services provides free, confidential mental health counseling to current students, as well as crisis intervention for students experiencing suicidal or dangerous thoughts. The department also supports students through a variety of programming and activities offered throughout the year.

Why Counseling?

Many factors contribute to student success and satisfaction, including emotional, psychological, social, and behavioral health. By addressing these holistic needs, Counseling Services can help students improve their academic performance, persistence, completion, employment readiness, and general well-being.

People come for counseling for many different reasons. You're encouraged to meet with a counselor when you want to talk about:

- Relationship issues
- Stress management & coping skills
- Anxiety
- Depression
- Grief & loss
- Life balance & self-care
- Goal-setting
- Self-confidence
- Substance use
- Anything else causing you worry or distress

Appointments and Referrals

Counselors are available at every Central Piedmont campus. Appointments can be scheduled in person and online. Students in crisis will be assisted without an appointment, although it is advised to call ahead when possible.

Students wishing to meet with a counselor are asked to complete an information form, and a counselor will then follow up to discuss scheduling. Students with general questions may email counseling@cpcc.edu or call 704.330.6420.

Faculty and staff can make referrals through Watermark or by emailing counseling@cpcc.edu or calling 704.330.6420.