Counseling and Mental Health at Cooper Union

Stress is a normal part of life and can serve to help keep us on track. There are times, however, when stress becomes more pronounced and has a negative effect on our daily functioning and when this occurs, it’s important to address the situation. Your daughters and sons are engaged in a very rewarding yet rigorous course of study and they begin to feel the stress that this type of rigorous academic program can bring.

It’s important that parents create an environment where their sons or daughters feel comfortable speaking to them about their stress or other issues, personal or academic, so that you can help them to solve whatever is happening. We see many students who would like to speak to a counselor or mental health professional but are afraid to talk to their parents about using their insurance or other means of support so they often try to forge on alone. Parents can help their daughters or sons immeasurably by talking to them about stress and about the fact that it’s normal and okay for them to find themselves in a situation where they may want and/or need someone to talk to. Creating a safe, open, and comfortable environment for your son or daughter will go a long way.

The Office of Student Affairs is here to help your sons and daughters. Dean of Students, Chris Chamberlin, can help provide student referrals through resources within the local community. Dean Chamberlin can be reached via email at chamber@cooper.edu or via telephone at 212.353.4130.

Cooper Union has a contract for medical referrals with Beth Israel. Students can call the Occupational Health Clinic at Beth Israel, 317 East 17th St, 2nd floor, and identify as a Cooper Union student seeking services. If students provide them with insurance information they will be set up with an appointment with a physician within the Beth Israel network. This service through Beth Israel can also arrange for appointments with a psychologist in the clinic or find someone geographically convenient who accepts your health insurance. This service through Beth Israel can be reached at 212.420.2882.

For additional mental health needs, The Training Institute for Mental Health, 115 West 27th St, 4th floor, accepts most types of health insurance and often gives Cooper students three free counseling sessions. They are generally open from 9 am to 9 pm, M – F, which accommodates most of our class schedules. For an intake appointment, your student should call Marge at 212.627.8181 and identify them self as a Cooper Student.

For more information, visit:

http://cooper.edu/students/student-affairs/health/counseling