



Supporting Your Journey: The Introduction of Health and Counseling Center

The Counseling Resource for Students



What is the Counseling Center



- Safe & confidential space
- Professional counselors
- Location: 4th floor of Hui-Sun Memorial Hall
- Hours: Monday – Friday, 9:00 AM – 5:00 PM

Individual Counseling



- Support for: stress, adjustment, academics, relationships
- Private sessions with a counselor
- All individual counseling service is on an appointment basis.



- Login “NCHU single sign on system”
->”System Entry”
- Click the “Psychological Counseling system” to apply for counselling service.

Login “NCHU single sign on system”-> “Psychological Counseling system”to apply for counselling service.



國立中興大學
NATIONAL CHUNG HSING UNIVERSITY

NCHU HomeComputer Center中文



國立中興大學
NATIONAL CHUNG HSING UNIVERSITY

單一入口
NCHU Portal

Login

News

Notes on the new SINGLE SIGN ON Entrance (10th,Mar 2025)

Regarding the activation time of first-year student accounts

User Guide

Target Users

Account and Default Password

Change and Forgot Password

Frequently Used Apps

System Entry

Academic Information

Self-Directed Learning

Email(student)

Academic Research&Development(Student)

Survey on TJT Learning outcomes and satisfaction

Student Affairs Information

Library Discovery System

SoftService

Psychological Counseling application system

RollCall



個別諮商申請

已申請個別諮商查詢

個別諮商申請

【諮商申請說明】

★中心諮商預約規則：

1. 限具**本校學籍者**及**交換生**使用。
2. 115-1學期諮商申請開放時間:**115/8/31(一)至本學期最高服務量能**。
3. 每學期可預約**1回合**，每回合諮商6次。
4. 勾選諮商5個時段者，一周內(7個工作天)心理師將與您晤談。
5. 勾選不足5個時段者或僅勾選夜間時段者，媒合等待時間將超過一周。
6. 以下情況視同放棄諮商權利:
 - (1) **初次晤談務必準時出席，不可請假**
 - (2) 無故缺席
 - (3) 請假超過**1次**

如有疑問，請電洽本中心：04-22840241轉39。

填寫「個別諮商申請表」



網頁剩餘時間 (00:58:57)

English

退出



個別諮商



已填寫身心健康調查表查詢



個別心理測驗



心衛活動



3/31(一)至本學期最高服務量能。
次。
(作天)心理師將與您晤談。
間時段者，媒合等待時間將超過一周。

0241轉39。

填寫「個別諮商申請表」

網頁剩餘時間 (00:58:57)



Registration

【Counseling Center Appointment Rules】

- 1.Services are exclusively available to **currently enrolled students and exchange students** of the university.
- 2.Application Period (Fall Semester 2026): Opens on Monday, **August 31, 2026**, and will remain open **until the center reaches its maximum service capacity for the semester.**
- 3.Each student may schedule **one counseling round** per semester, which consists of up to 6 sessions.
- 4.If you select at least 5 available time slots on your application, a counseling psychologist will meet with you within one week (7 working days).
- 5.If you select fewer than 5 available time slots, the matching process will take longer than one week.
- 6.Your counseling privileges will be considered forfeited under any of the following circumstances:
 - (1)**Failure to attend the initial session on time (no absence is permitted).**
 - (2)Absence without prior notice.
 - (3)**Taking more than one leave of absence.**

If you have any questions, please contact the center by phone: 04-22840241#39

Fill out 「Individual Counseling Registration Form」

Counseling Service Available in English during Semester (September 7, 2026 – January 8, 2027)

		Monday	Tuesday	Wednesday	Thursday	Friday
Morning Sessions	09:10-10:00		*		*	
	10:10-11:00		*		*	
	11:00-12:00		*		*	
Afternoon Sessions	13:10-14:00				*	*
	14:10-15:00			*	*	*
	15:10-16:00			*	*	*
	16:10-17:00			*		

Specialized Support: Mental Health Consultation

- When to use it: If your stress is affecting your body:
 - Can't sleep
 - Having panic attacks
 - Need medical advice
- The Service: On-campus psychiatrists provide professional medical evaluations and advice.



Specialized Support: Mental Health Consultation

How to apply :

1. Visit the Center and complete the paper application form
2. Review the important notes and sign the counseling consent form
3. Select your preferred appointment date and time slot



2026 The Mental Health Consultation Services

Service Recipients & Scope of Services

1. Students of our school:

If you are troubled by symptoms such as depression, anxiety, insomnia, or other mental and physical issues, and are worried or uncertain about seeking medical help, you can schedule a consultation with a psychiatrist through this service.

2. Faculty and staff:

Currently, we only provide consultation regarding issues encountered in teaching settings, special circumstances, or when advising students. We do not offer consultation for personal issues at this time.

 This service does **not prescribe any medication or diagnosis**, and those who need it are advised to seek medical advice directly.

 This service has limited slots and requires reservation

1. Tuesday: 09:30-12:00 (Service Dates: 9/22、10/6、10/20、11/3、11/17、12/1、12/15、12/29)
2. Wednesday: 09:30-12:00 (Service Dates: 9/30、10/14、10/21、10/28、11/11、11/25、12/9、12/23)
3. Each consultation lasts 40 minutes (e.g., 09:30-10:10, 10:20-11:00, 11:10-11:50)

Service location: Health & Counseling Center, 4F Floor, Huisun Hall

Reservation method: Please bring your student ID card to the Health & Counseling Center on the 4F floor of Huisun Hall to apply.

Service physician: Step by Step Psychiatry Clinic Dr. Lin、MoodLight Clinic DR. Lin

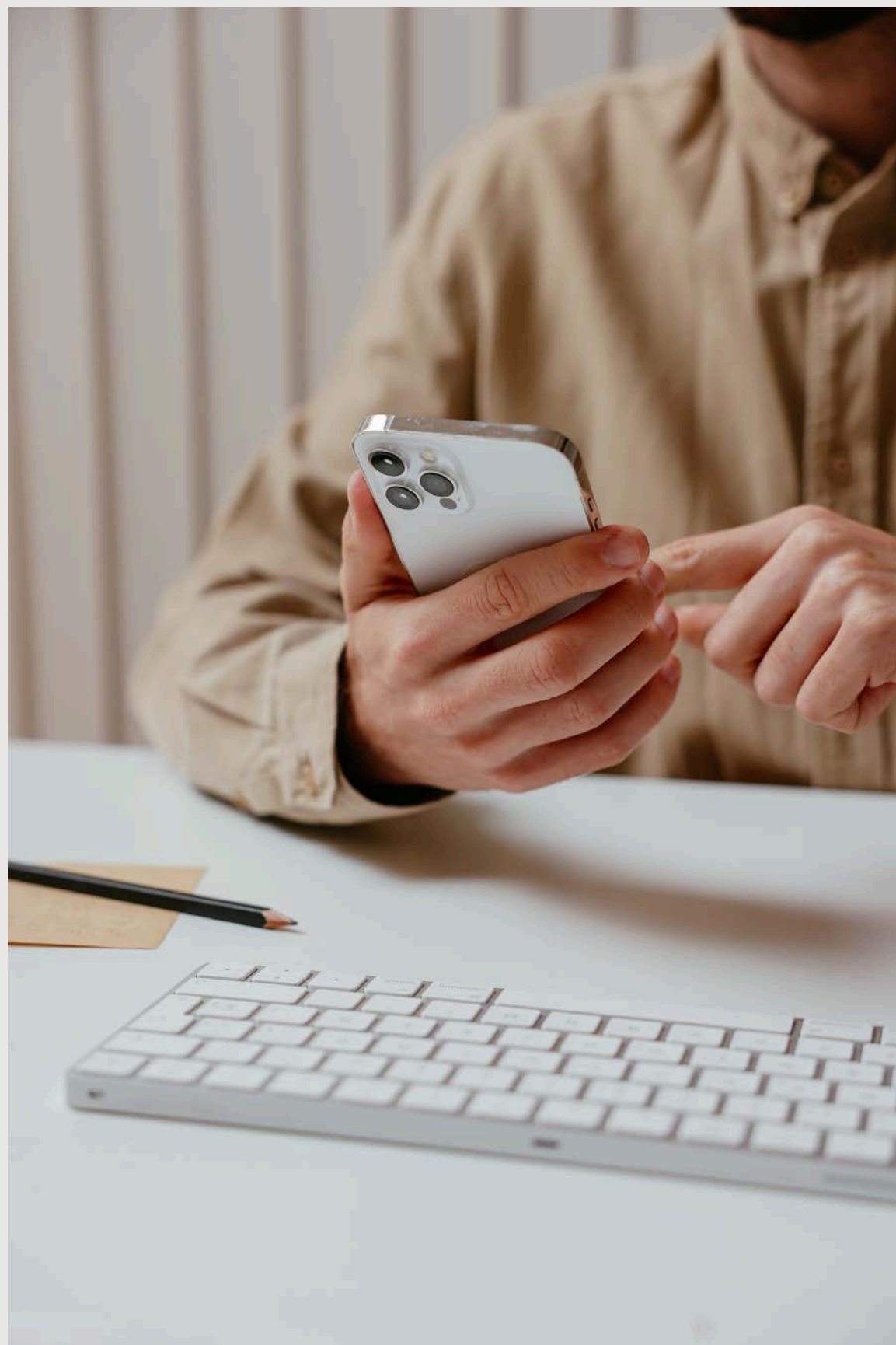
English services are available on
Tuesdays only.





- Website:
<https://www.osa.nchu.edu.tw/osa/en/hac/>
- Phone: 04-22840241 Ext.39
- Email: counsel@nchu.edu.tw





Follow us on FB&IG



Campus Safety & Support

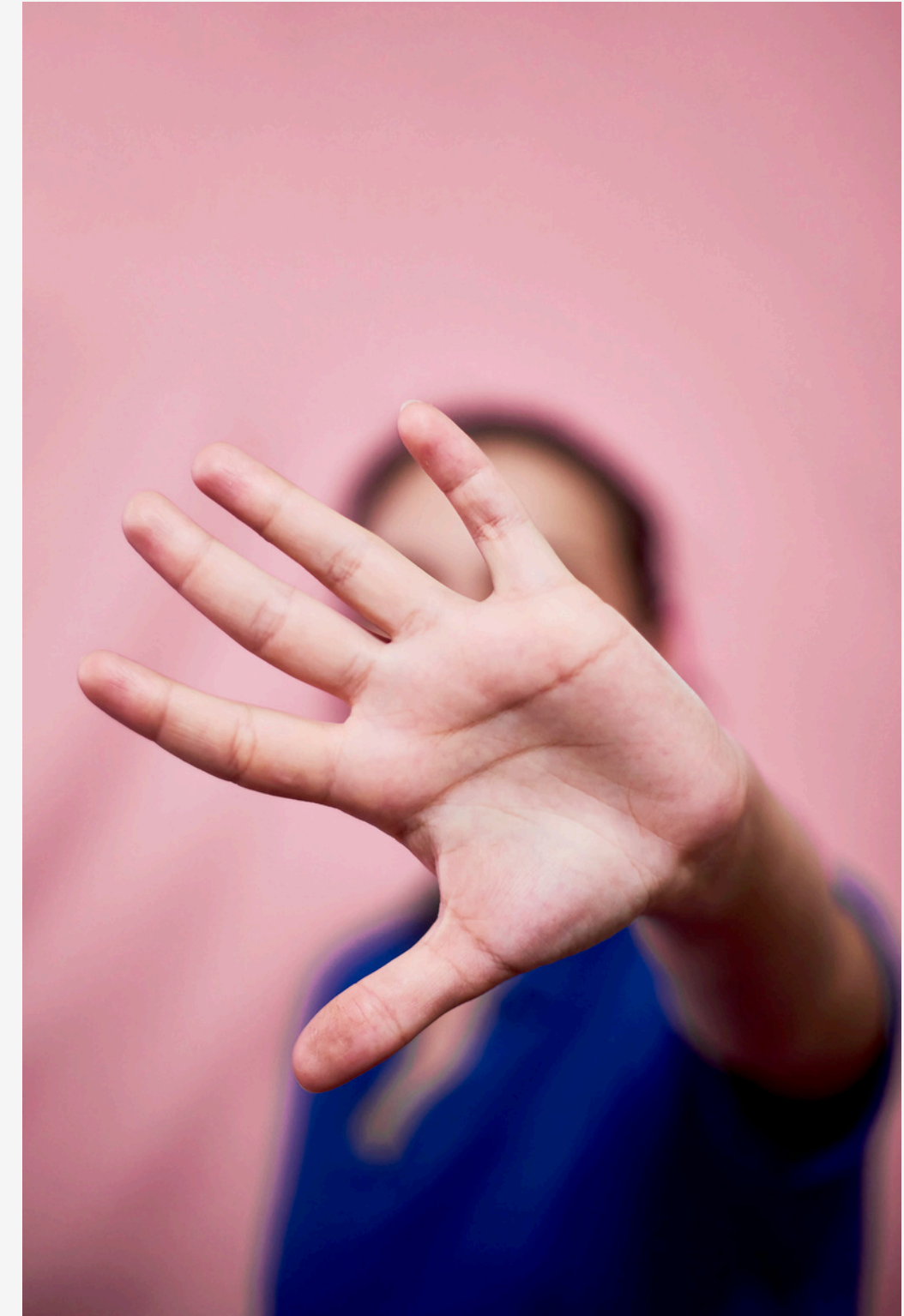
Gender-Related Incidents

Bullying Incidents

Gender-Related Incidents

Common Examples

- Sexual harassment or sexual bullying
- Relationship or dating violence
- Stalking or harassment

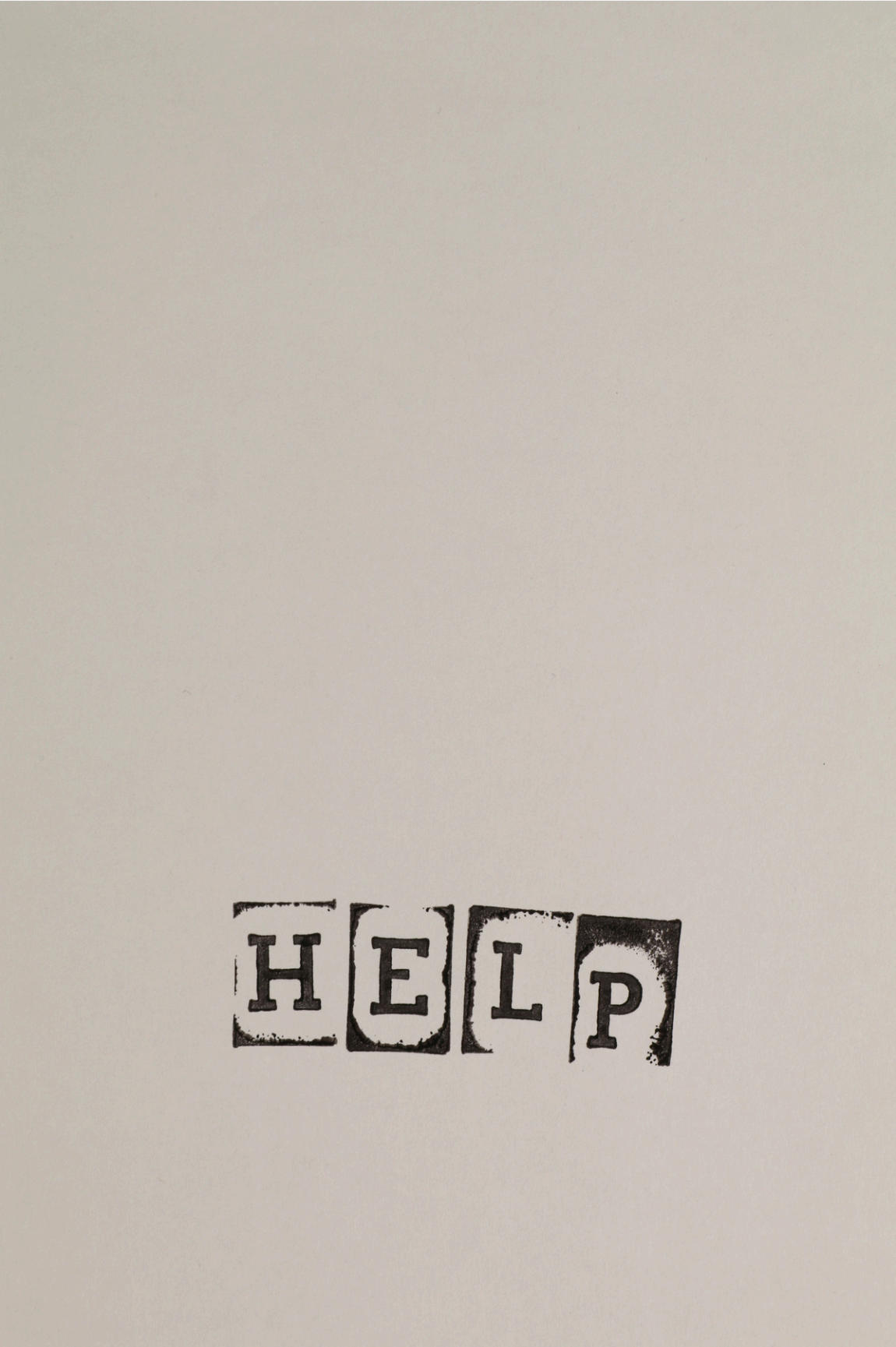


Bullying

- Repeated harm or intimidation
- Constant teasing or insults
- Social exclusion
- Threats or physical intimidation

STOP
BULLYING

START
Empathy



HELP

Resource

- The Student Safety Division
 - 04-22840250(Ext. 610)
- The Gender Equity Education Committee
 - 04-22840250(Ext. 250)
- 24-hour Campus Safety Line
 - 04-22870885
- Office of Campus Security
 - 04-22840110
 - 04-22840285(Ext. 110, 285)



Simple Message for You

1. You do not have to handle everything alone.
2. Asking for help is okay.
3. Safety and respect are everyone's responsibility.

Thank you
for Listening

