

UNIVERSITY COUNSELING CENTER

Depression and anxiety are very common among university students. The University Counseling Center is here to help you so that you can meet the daily challenges of being a student.

Seeing a Counselor

If you want to speak to a counselor, call us at

632-6720

or walk in. Our Triage Counselor will meet with you briefly to assess your needs. Together with you, we will figure out the next step. If your situation is urgent we will ask you to complete our full intake assessment on the same day. If not, the intake can be scheduled within the next two or three days according to your schedule.

Our Services

Our services are free of charge.

We offer a variety of services, including help in a crisis, individual and group therapy, psychiatric assessment and treatment, stress management and meditation, and referrals to resources on and off-campus.

Group therapy topics include ways to enhance your academic performance while reducing stress. Special programs may be scheduled upon request. For information or to speak to a counselor, call the Center at: **632-6720**.

Defining Your Goals

If we recommend individual therapy at the Counseling Center, your counselor will work with you to define your treatment goals and plan how to accomplish them as soon as possible.

If we recommend seeing a therapist off campus, we will help you make that connection. We work with a large network of private therapists who accept a variety of insurance plans.

Protection of Records

Your contact with the Counseling Center is confidential and is not part of your academic record. The UCC operates within professional guidelines and federal and state laws that protect the privacy of your counseling records. If you want to have information released to another party, you must make that request in writing.

Emergency Resources

Weekdays during office hours, we can see you immediately in an emergency at the West Campus Counseling Center. No appointment is needed - you just have to call us or walk in. At night or weekends, please call the University Police at **911** for help on campus (**632-3333** from off campus or cell phone).

RESPONSE telephone counseling services operate 24/7. Trained volunteer telephone counselors are ready to assist you with personal problems, help for a friend, or referral to another resource. If all lines are being used when you call, they will call you back.

Response of Suffolk County: 751-7500.

www.ResponseHotline.org

Self-Help

Every Friday at 2:00 p.m. on WUSB (90.1) listen to "Taking Care of Yourself". This live program is informative and fun.

Self-Help on many subjects is also available on our website:

<http://studentaffairs.stonybrook.edu/counsel/>