Common Student Concerns

- Transition/Adjustment Issues (e.g., coming to college)
- Relationship Difficulties
- Academic Performance
- Psychological Distress (e.g., stress and anxiety, depression, sleep problems)

University at Albany Counseling Center

400 Patroon Creek Boulevard, Suite 104
Albany, NY 12206
Phone: (518) 442-5800
Fax: (518) 442-3096
E-mail: consultation@albany.edu
albany.edu/counseling_center/

Confidentiality

Clients are assured of confidentiality in accordance with ethical and legal standards. Student visits and conversations do not become part of the student’s academic record.

Who Provides Services?

The University Counseling Center staff consists of licensed psychologists and a health promotion specialist. Postdoctoral fellows and advanced doctoral students in clinical and counseling psychology programs also provide services under the supervision of licensed psychologists.

Cost

All University Counseling Center services have been paid as part of tuition and University fees.

Hours of Operation

Monday - Friday 9:00am-5:00pm
Summer & Intersession 8:00am-4:00pm

Additional Student Resources

Career Services
(518) 437-4900

Disability Resource Center
(518) 442-5490

Sexual Assault Resource Center
(518-956-8461

University Health Center
(518) 442-5229 for appointments

Residential Life
(518) 442-5875

University Police Department
Non-emergency: (518) 442-3130
Emergency: (518) 442-3131
Services for Parents & Families of Students

Consultation
We invite parents to contact us in the event of a question or concern about your student. To consult with a psychologist, call (518) 442-5800 during weekday business hours and ask to speak to a staff psychologist or send an email to consultation@albany.edu.

We Provide Information
- On mental and behavioral health issues
- About how to approach a difficult topic with your student

We Offer Advice
- Regarding the appropriateness of our services for your student

We Make Suggestions
- About strategies for encouraging your student to use our services

We Make Referrals
- To other campus resources
- To additional mental health services in the Albany community

We Protect Your Privacy
- And that of your student to the extent permitted by New York State law

Services for Students

Crisis Services
Students in crisis will receive prompt attention from a staff psychologist during business hours. During evenings and weekends, callers will be directed to University Police (518-442-3131) or Albany County Mobile Crisis Unit (518-447-9650). In an emergency, call 911.

Consultation
Students may contact a staff psychologist or health promotion/sexual health specialist to ask a question or talk about a concern. Consultations are usually brief, one-time meetings, phone calls, or emails.

Individual Psychological Counseling
We provide confidential, short-term counseling for adjustment issues, depression, anxiety, and other mental or behavioral health issues.

Psychological Assessment
We offer psychological testing for academic performance concerns or other problems.

Educational Programs
We offer workshops and presentations on alcohol and other drug use, addictive behaviors, body image and eating awareness, sexuality, sexual health, sexual assault prevention, sport psychology, suicide prevention, and more.

Peer Services
The Middle Earth Peer Assistance Program offers a peer hotline (518-442-5777) as well as outreach education services. Project SHAPE: Sexual Health & Peer Education provides outreach services in sexuality and sexual health.

Web-based Resources
Visit our web page for additional information about our services and to access internet resources. Our web address is Albany.edu/counseling_center/

How You Can Support Your Student

Stay in Touch
Develop a plan to communicate on a regular basis via phone, email, or even “snail mail.” Let your student know you are available to talk about both everyday events and difficult issues. Chat about your daily life and ask open-ended questions about your student’s college experiences. Early identification of issues and concerns typically results in a better outcome!

Visit the Campus
Show your student you are interested in their new experiences. Meet their roommates and friends, and see for yourself how your student is adjusting to college. Support from home can help ease a difficult transition.

Encourage Contact with Faculty
Even if your student is doing well, it is helpful for them to get to know their professors by emailing, calling, or stopping by during office hours. Faculty interaction promotes student success and also provides an opportunity to identify and help students who are struggling.

Normalize Indecision
It is normal for students to be indecisive about choosing a major, career path, and other important issues. Let them know it is okay to have questions and concerns.

Discuss Expectations
Talk to your student about your expectations regarding drug and alcohol use and sexual behavior while at college, and ask them about their expectations, too. Be realistic in your discussion but let them know that you are concerned about their safety! Research has shown that simply talking to your child about drinking before they head off to school reduces drinking among first-year college students.