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

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/

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.

Estela M. Rivero, Ph.D., Director
Judith A. Stanley, Ph.D., Associate Director
Joseph E. Bernier, Ph.D., Assistant Director for Training and Assessment
M. Dolores Cimini, Ph.D., Assistant Director for Prevention and Program Evaluation
Kelly J. Horner, M.A., Director, Sexual Assault Resource Center

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

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Helping U Succeed
A Guide for University at Albany Students

University Counseling Center
Division for Student Success
Phone: (518) 442-5800
consultation@albany.edu
Welcome to the University Counseling Center!
The University Counseling Center is the primary mental health care agency for the over 17,000 graduate and undergraduate students enrolled at the University at Albany.

Who Uses the Center?
Any student currently enrolled at the University may use the Center’s services. Faculty, staff, parents, and student groups may also use the consultation services and educational programs offered by the Center.

How Can the Center Help Me?
Each year, hundreds of students seek help for personal and academic concerns, and thousands of students participate in our educational programs. Although the reasons for requesting services are as unique as each of our students, frequently mentioned concerns include:
- Transition/Adjustment Issues (e.g., coming to college)
- Relationship Concerns
- Academic Performance Concerns
- Psychological Concerns (e.g., stress and anxiety, depression, sleep problems)
- Problems with Alcohol or Other Drugs
- Sexuality Issues
- And More...

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
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 regarding substance use and related topics. 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/

What Can I Expect the First Time I Visit the Center?

Step 1: Making an Appointment
When you call (or stop by) the Center for the first time, the receptionist will schedule an appointment for you with one of our staff psychologists. Appointments can usually be scheduled within a few days of your request.

Step 2: Self-Assessment
Please arrive 10 minutes early before your first appointment to complete a self-assessment. This will provide us with some basic information about you and your present concerns.

Step 3: Initial Meeting
The focus of your first meeting will be to understand the issues that prompted you to make an appointment. Appointments typically last 45 minutes.

Step 4: Follow-up Plan
Typical follow-up plans may include individual psychological counseling, psychological assessment, or referrals for medication management, health care, and other services that may benefit you. Often, we find that just one or two meetings with a staff psychologist helps students to achieve some relief and/or clarification.