



Student Health & Counseling

Student Academic Affairs

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Schedule a Mental Health Appointment

SHCS offers short-term counseling for all registered students and SHIP enrollees.

Scheduling an Appointment

To make an appointment with a counselor, please call SHCS at 415-476-1281 or walk in to either the Parnassus ^[1] or Mission Bay ^[2] clinic during business hours.

What kind of appointment do I need?

A standard mental health intake will be scheduled if you are seeking short-term counseling for ongoing concerns. If you want to consult with a counselor for a single visit, and do not want ongoing counseling, you may request a One Time Only mental health visit. A One Time Only appointment may be appropriate if, for example, you want a referral, have a time-sensitive concern, are seeking consultation, have concerns about a friend or want to learn more about counseling.

There may be occasions when a problem or crisis feels too overwhelming to wait for a scheduled appointment. If this is the case, please make this known when you call and you can be seen quickly or within a few hours for an urgent care appointment during working hours (Monday-Friday 8 am to 5 pm). After working hours and during holiday closures, you may contact our crisis line at 415-476-1281, option 7, to be connected to a mental health counselor.

Provider Profiles

To learn more about the mental health staff at SHCS, see [Mental Health Staff Profiles](#) ^[3].

UC SHIP Insurance benefits for counseling outside SHCS

If you're interested in information about your insurance benefits for mental health services outside of SHCS, please see [Mental Health Coverage](#) ^[4].

Confidentiality is the cornerstone of counseling and psychological services. You have a right to privacy and your written permission must be obtained before we will release information to anyone outside of our clinic, with only limited legal and ethical exceptions. We want you to be aware that counseling records are maintained separately from any other records of the University? including academic, educational and job placement records. If you have

questions or concerns about confidentiality, we encourage you to discuss them with our staff.

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UCSF Main Site

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Links

- [1] <https://studenthealth.ucsf.edu/location-directions-hours#parnassus>
- [2] <https://studenthealth.ucsf.edu/location-directions-hours#missionbay>
- [3] https://studenthealth.ucsf.edu/mental_health_profiles
- [4] <https://studenthealth.ucsf.edu/insurance/mental-health-coverage>