



# Student Health & Counseling

## Student Academic Affairs

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Home > Healthcare Services > Counseling & Psychological Services > Services

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## Services



We offer a variety of counseling and psychological services to support students in their growth and development during their time here at UCSF, including:

### **Individual Short-term Counseling & Therapy**

SHCS offers short term counseling. There is no charge and all registered students can access services regardless of their insurance plan. Many students benefit from just one or a few sessions of counseling. The number of sessions will be determined by your counselor, based on your counseling needs. If you need longer term counseling or specialized services, we can help connect you with community mental health provider

## Couples Short-term Counseling & Therapy

Our couples counseling services are designed to assist couples with their relationship concerns. It can be used to gain more insight into each other, to learn new and more effective ways of communication, and to learn how to solve problems in the relationship. The number of couple's counseling sessions will be determined by your counselor, based on your counseling needs. If you need longer term counseling or specialized services, we can help connect you with community mental health provider.

We offer psychiatric evaluation/ consultation to determine the appropriateness of taking medication. Our psychiatrists also provide medication management as appropriate.

We offer a service to help you and a professional evaluate your alcohol and drug use <sup>[1]</sup>. In a non-judgmental discussion, you and a trained professional can explore your current use, its impact on your life and consider steps you may take to feel better about what you do. The ways you drink may be getting in your way and we can help sort that out in a collaborative discussion.

We provide presentations, skills-based workshops and supportive discussion groups to promote psychological health and wellness for graduate and professional students as they move through their degree programs. For a list of current outreach programs, please see [Wellness Programs & Workshops](#) <sup>[2]</sup>.

Consultation is available for concerned students, faculty and staff. Our staff is available to help you find ways of addressing your concerns about students who

may be distressed or engaging in distressing behavior. For guidance when helping a student who appears to be in crisis, call SHCS at (415) 476-1281 or see our [Assisting a Student in Need](#) [3] or [Caring for Yourself and Your Colleagues](#) [4] brochures.

We make appropriate referrals for those students who will be better helped by other practitioners, specialists, departments and facilities, in addressing their concerns. Our therapists assist students in connecting to other professionals and resources both on and off campus.

**To schedule an appointment: Call SHCS at 415-476-1281 or come in to either the Parnassus or Mission Bay clinic to schedule in person.**

*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/healthcare-services/alcohol-drug-tobacco-consultation>

[2] <https://studenthealth.ucsf.edu/wellness>

[3]

<https://studenthealth.ucsf.edu/sites/studenthealth.ucsf.edu/files/PDF/Assisting%20Students%20in%20Need.pdf>

[4]

<https://studenthealth.ucsf.edu/sites/studenthealth.ucsf.edu/files/PDF/Caring%20for%20Yourself%20and%20Your%2>