



**UC Irvine
Counseling Center**

UC Irvine Counseling Center

Counseling
Center

(949) 824-6457

www.counseling.uci.edu



- Mon-Fri 8 AM to 5 PM
- 203 Student Services I,
across from Starbucks

Who Provides Mental Health Treatment?



- 27 Psychologists
 - 4 Psychology Interns
- 2 LCSW (Licensed Clinical Social Worker)
- 1 Psychiatrist

UCI Counseling Center



Services Are

- *Free
- *Confidential
- *Brief Therapy Services

Who Is Eligible For Services?

All regularly enrolled UCI students



What Type of Problems Do Students Discuss?

- Adjustment to College
- Depression
- Stress and Anxiety
- Eating disorders
- Substance abuse
- Suicidal feelings
- Family concerns
- Academic problems
- Relationship break-ups
- Grief



Clinical & Counseling Services

- Initial Assessment and Referral
- Short-term Individual and Couples Counseling
- Psychiatric Assessment and Medication Consultation (short-term)
- Groups (e.g. Graduate Women, Dissertation Support)

Clinical & Counseling Services

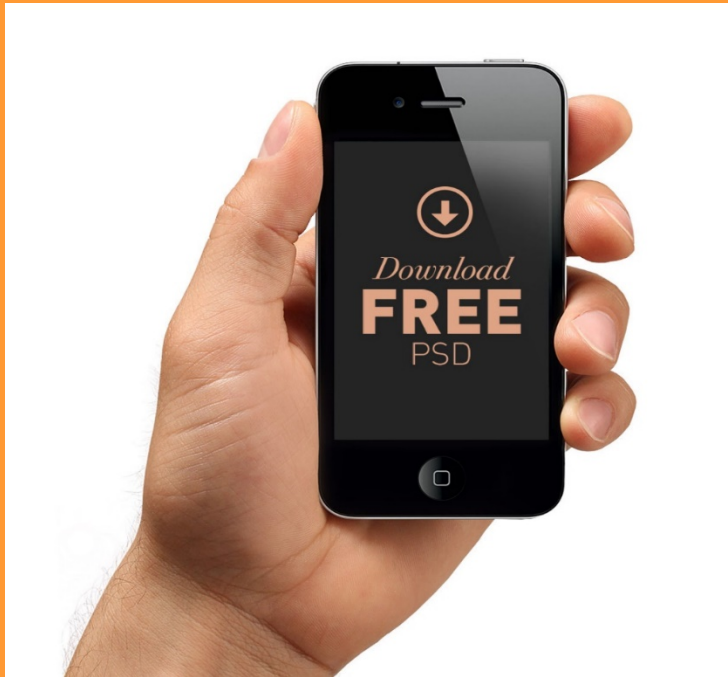
- Urgent Care/Crisis Intervention
 - Walk-in anytime Monday to Friday 8 – 4:30pm
 - After hours phone availability with mental health professional
 - Call 949-824-6457 and select “Option 2” to be connected to a professional.
- Mental Health Consultations: parents, friends, faculty and staff
- Peer Programs (COACH, LGBT Mentor & Peer Educator Program)
 - For undergraduate students
 - <https://counseling.uci.edu/peer-programs/>

How Do Students Make an Appointment?

- **Call the Counseling Center at (949) 824-6457 or walk in and make an appointment.**
- **Location**
 - **Counseling Center 203 Student Services I
(Across from the Starbucks
Bldg 105 Campus Map)**

Worried about a Student? Need Help?

Get The App



NEW! TAO: Therapy Assisted Online

- TAO- Therapy Assisted On-line
 - Free Self-Help Program
 - Log-in at any time
 - Complete modules related to anxiety, stress, depression, relationships, alcohol and drug use, etc.
 - <https://www.thepath.TAOconnect.org>
 - **All you need is your UCI email address**

UC Irvine Counseling Center

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