

The Counseling Center

1st Floor Jonsson Tower

518-580-5555

Fall & Spring semesters

Summer sessions I & II

M-F 9:00-12:00 & 1:00-4:30

M-F 9:00-11:30 & 12:00-3:00

Confidential and professional mental health services

All services are included in tuition.

We offer:

Single-Session Consultations (up to 8 sessions/academic year)

Brief Skill-Building Workshops

Third-Party Consultations

Education and Training

Tailored Referrals to Community Resources

How to schedule an appointment with a clinician:

- Call our office
- Following some brief paperwork, we will schedule you for the first available appointment

Emergency services available:

Emergency appointments available every day (defined as):

- An immediate concern about one's physical safety
- An immediate concern about someone else's physical safety
- The immediate aftermath of a recent sexual or physical assault
- The presence of hallucinations or delusions

For similar emergency situations after hours and on weekends, please call 518-580-5555 and follow the prompt to access the appropriate resource.