

What Type of Service is Right for Me?

Welcome! The UCI Counseling Center primarily provides ***short-term mental health services***. We are here to connect you to services that will best address your concerns, whether or not our services match your needs. Please review these options to assist us in identifying the services that are right for **you**.

We understand that each situation is unique and cannot be fully described in the examples below.

Online Self-Help*

- My schedule does not work with Counseling Center hours and I would like to try self-help first.
- I am not sure if I am ready or want to meet with a therapist yet.

* Online self-help is anonymous

One-Time Visit

- My concern can be addressed in 1 session.
- Prompt support for a non-crisis concern
- I will only be available for a few weeks (e.g., leaving back home for break; graduating from UCI)

Referral and Resource Support

- Referral for mental health services off-campus, for example:
 - Long Term Therapy (e.g., lasting more than a couple of months or meets every week)
 - In person counseling during hours that the Counseling Center is closed
- Obtain help accessing or learning about other campus resources (e.g., food, housing, financial, legal etc.)
- Learn how to take advantage of my insurance coverage for mental health services.

Initial Assessment

An initial appointment where I will meet with a provider for a comprehensive assessment to determine what kind of on-campus or off-campus services are appropriate for me.

Assessment results *may lead* to the following treatment recommendations:

- Group Therapy
- Short-term individual therapy at the Counseling Center to address various concerns (e.g., anxiety, stress, depression, self-esteem issues, relationship concerns, academic difficulties, grief or loss, trouble adjusting to college)
- Referral assistance to off-campus services

Emergency or Crisis Appointment

If any of the following examples below describes your situation today, please ask the front desk staff for an urgent care appointment **today**. A counselor will meet with you as soon as possible, focusing specifically on your most immediate concerns.

Examples of an Emergency:

- I am at immediate risk of taking my own life or hurting someone else.
- I have taken recent steps to end my life.

Examples of a Crisis:

- Suicidal or homicidal thoughts without intent to harm oneself or others.
- Recent sexual assault or other trauma.
- Death of a significant person or companion in your life.
- A personal crisis that needs rapid attention from a mental health professional.