**What Type of Service is Right for Me?**

Welcome! The UCI Counseling Center primarily provides **short-term mental health services**, which do not meet everyone’s needs. We are here to connect you to services that will best address your concerns.

Please review these options to assist us in the identification of services that are right for you. We understand that each situation is unique and cannot be fully described in the lists and 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
- Need to make a major decision in a few days
- My concern can be addressed in 1 session
- Prompt support for a non-urgent concern
- I will only be available for a few weeks (e.g., leaving back home for break; graduating from UCI)

### Referral and Resource Support
- Help connecting to counseling or therapy that will last more than a couple of months and/or meets more than every other week.
- Obtain referral(s) for other mental health services off-campus
- Learn how to take advantage of my insurance coverage for mental health services.
- Obtain help accessing or learning about other campus resources (e.g., food, housing, financial, legal etc.)
- My schedule does not work with Counseling Center hours and I would like in-person counseling services

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

Assessment results may lead to the following treatment recommendations:
- Group therapy
- Short-term therapy at the counseling center to address concerns like: 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 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
- Concern for a friend that is urgent or an emergency (e.g., they are thinking of hurting themselves or others).

**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.