COUNSELING AND PSYCHOLOGICAL SERVICES

- General Information
- Our Services
- Emergency Contact Info
- Resources for Faculty
- On-Line Resources
- Disability Services Center
- Student Health Center
- UC Merced Home

Counseling & Psychological Services - Our Services

Individual Counseling: Counseling & Psychological Services provides free, confidential, short-term therapy to registered UC Merced students. The initial appointment will help clarify your needs and direct you to appropriate services. If short-term individual counseling is recommended, an appointment will be made with a staff member as soon as possible.

Couples Counseling: Relationship difficulties can be a major source of stress and academic disruption for students. Counseling & Psychological Services provides brief couples counseling for any students that are registered at the university.

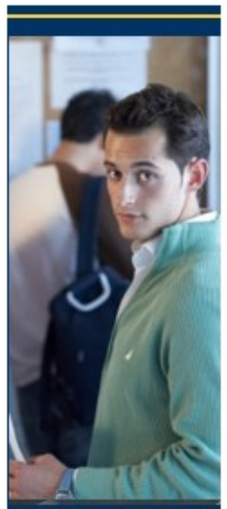
Group Counseling: Counseling groups typically meet once per week for anywhere between 6 and 10 weeks, with each session lasting approximately 1.5 hours. Most counseling groups are structured around a particular topic or area of concern (e.g., stress management or body image), although some counseling groups are more process oriented to allow students a greater opportunity to connect, encourage, and support one another. It is necessary for each potential group member to under go a group screen with the group leader to assure that a particular group is appropriate for you and to adequately prepare you for the group counseling experience. Please stop by or phone Counseling & Psychological Services if you are interested in group counseling.

Crisis Intervention: Counseling & Psychological Services operates on an appointment basis only but will make exceptions for crisis situations that require immediate student assessment and intervention. This service is only available during the normal operating hours of Monday through Friday between 8:00 a.m. and 5:00 p.m. After hours, please call our main number at **(209)228-4266.** We have partnered with ProtoCall, Inc to provide after hours emergency clinical services. ProtoCall, Inc. provides 24-hour Intake and Assessment, Crisis Response and Triage Services to the UC Merced Campus Community. ProtoCall's services enable students to speak directly with a counselor in a timely fashion, who is able to provide immediate support regarding a variety of issues, from academic and environmental stressors, mental health issues, alcohol and drug related concerns and help students access services with the their campus counseling office. By calling **(209)228-4266** the Counseling & Psychological ServicesCenter number you may access this service. A UC Merced professional counselor will follow-up with you the following business day.

Please see our Emergency Contact page for additional emergency resources.

Consultation: Counseling & Psychological Services staff provides telephone and in-person consultation to students, staff, faculty, and parents who are concerned about the welfare of students, who wish information about how to make a referral, or who would like to discuss or learn about psychologically related situations or material.

Outreach: Counseling & Psychological Services offers professional presentations and workshops spanning a range of topics for students, faculty, and/or staff. We will conduct outreach activities in a variety of settings and formats. We request that outreach services be requested two weeks in advance in order for us provide a high quality product.



UCMerced

Contact a counselor
on campus
(209) 228-4266
counseling@
ucmerced.edu

University of California, Merced • Counseling & Psychological Services
P.O. Box 2039,
H.. Rajender Reddy Health Center
Joseph Edward Gallo Recreation & Wellness Center, 2nd Floor
Merced, CA 95344
209.228.4266 • counseling@ucmerced.edu