

What kinds of services are offered at the Counseling Center?

- Individual, Couples and Group Counseling
- Consultation...Faculty, Staff and Students
- Psychiatric Services
- Workshop (stress, anger, anxiety, skill building, depression management)
- Self-Help Resources
- Trauma and Grief Support

What can a counselor do for me?

Professional counselors work individually and sometimes with groups to help students understand themselves and to identify resources to resolve their problems or come to terms with difficult issues. In other words, the purpose of counseling is not to tell students what to do, but to help people use their existing problem-solving skills more effectively or to develop new or better coping skills.

Counseling is a process which often includes a beginning, a middle and an end. Depending on your situation, this process can take place over just a few sessions or over a longer period. Many students receive the help they need in just three to four meetings.

For more information download the following **What to Expect** brochures.

- [What to Expect: Intake](#)
- [What to Expect: Psychiatric Evaluation](#)
- [What to Expect: Groups](#)

How much does it cost?

All Buffalo State College students may seek counseling help at the Counseling Center, and there is no fee for this service. To schedule the initial consultation session, call the Counseling Center at 878-4436. The receptionist will ask for your name, address and phone number and will schedule a time for you to meet with a member of our staff.

What about confidentiality?

Your counselor may consult with other Counseling Center staff about the issues bringing you here, but we need your written permission to talk to anybody else about anything you say here, or even to acknowledge that you have come here. The only times your counselor may need to break confidentiality are: if you intend to harm yourself or someone else; if there is any suspicion of child abuse or neglect; or if the courts subpoena our records (all of which rarely occur).

What do I do in case of an emergency?

If you or someone you know is in crisis, you may come into the Counseling Center during open hours and meet with a counselor. You do not need an appointment if you are experiencing a crisis or emergency. If the Counseling Center is closed, you may call the [Crisis Services](#) 24-Hour number at 834-3131 or the University Police at 878-6333. You may also call the **National Suicide Prevention Lifeline at 1-800-273-TALK (8255)**.