The Counseling Center

Our Mission

“Support, education, and advocacy for the personal and academic success of our diverse students.”

Our Services

- Counseling
- Consultation
- Self-help Resources
- Psychiatric Services
- Workshops
- Trauma/Grief Support

Hours of Operation
(while school is in session)

Monday: 8:30—5:00
Tuesday: 8:30—5:00
Wednesday: 8:30—5:00
Thursday: 8:30—6:00
Friday: 8:30—5:00

After business hours, please call the
Crisis Services (24 Hour Hotline)
716 834-3131 or contact the
National Suicide Prevention Lifeline
1-800-273-TALK (8255)

THE COUNSELING CENTER
Weigel Health Center 219
1300 Elmwood Avenue
Buffalo NY 14222-1095
Phone: 716-878-4436

www.buffalostate.edu/counselingcenter

What to Expect:
Psychiatric Evaluations

Your Success Is Our Priority!
219 Weigel  2nd Floor
Phone: 716-878-4436
What to expect during your Psychiatric Evaluation

So you have met with your counselor and it has been suggested that you meet with our staff psychiatrist. Before it is decided whether you would benefit from psychiatric services, you will first attend a psychiatric evaluation. What does that mean? Well, at your first visit there are information forms to fill out before the student sees the psychiatrist.

During the evaluation, the staff psychiatrist begins an assessment of the student’s needs and the ways in which the psychiatric services may be beneficial. Students need to know that, with a few exceptions*, services at The Counseling Center are confidential by law. *ask your counselor about this exceptions*, services at The Counseling Center are confidential by law.

How is a psychiatrist different than a counselor?
Psychiatrists are medical doctors who specialize in psychiatric and mental health issues.

Does this mean I will be prescribed medication?
Not necessarily. Seeing our psychiatrist does not mean you will be definitely prescribed medication.
Our view of medicine at the Counseling Center is quite conservative; benzodiazepines and ADHD medications are not prescribed by our psychiatrist.

If medicine helps me, do I need to continue therapy?
Yes. It is our policy that all students who are receiving psychiatric services be linked and seen by a counselor regularly. Why? Research has shown that medication, in combination with counseling exceeds the benefits of medication alone for many problems.

What will the psychiatric evaluation be like?
Before you meet with the psychiatrist, you will need to fill out paperwork on the computer (similar to intake, but shorter). The staff psychiatrist will get background information from you (similar to intake), focusing more heavily on the background of your presenting concerns, psychiatric issues, family history, and past hospitalizations and medications. Be sure to share with the psychiatrist any information you feel will help understand you better (even if it is not asked about specifically).
If you have any concern about your own safety or someone else’s safety, please share it with the psychiatrist immediately.
If the student and psychiatrist agree that psychiatric services are appropriate given your concerns, the psychiatrist will explain the next step.

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