

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

Buffalo State
State University of New York

BUFFALO STATE

THE COUNSELING CENTER



**What to Expect:
Intake**

Your Success Is Our Priority!

219 Weigel 2nd Floor

Phone: 716-878-4436

What to expect during your Intake Appointment



The hardest part about seeking professional help is making the first appointment. Congratulations! You did it! Before you start seeing a regular counselor, you will first attend an intake appointment. What does that mean? Well, at your first visit there are information forms to fill out before the student sees the intake counselor.

During the first appointment, an intake counselor begins an assessment of the student's needs and the ways in which The Counseling Center might be able to help.

Students need to know that, with a few exceptions, services at The Counseling Center are confidential by law.

A little more specific...

- The first 30 minutes of your appointment will be spent filling out “paperwork” on the computer. This includes demographic and academic information in addition to your reason for coming to counseling.
- You will be asked to read carefully and sign the “rights and responsibilities” document. This document gives you information about confidentiality.
- During your meeting with the intake counselor, you will be asked about identifying information (age, major, relationship status, etc.), your reason for attending counseling, the history of your current problems, etc.
- Be sure to share with the intake counselor 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 intake counselor immediately.

Further information

If the student and intake counselor agree that individual counseling is appropriate, the student can expect to be connected to a counselor in about a week.

Other options the counselor will consider at the first appointment include enrolling the student in one of our group programs or making a referral to another campus or community agency. It is also possible that the student may leave the initial appointment feeling able to handle the problem on his/her own.

If it is decided that individual counseling is the best course of action, you will be asked to call the following week to receive your counselor assignment and make your first appointment!

BSC-COUNSELING CENTER

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