COUNSELING AND PSYCHOLOGICAL SERVICES

The Counseling and Psychological Services (http://psyservs.sfsu.edu) provides psychological counseling to students and consultation services to the university community. The center provides an opportunity to explore freely any personal problems or concerns. Concerns are as varied as the people themselves; they include problems involving relations with parents or peers, feelings of depression or anxiety, relationship conflict, concerns about academic progress or direction, and other issues. The professional counselor faculty of the Counseling and Psychological Services is comprised of licensed counselors, psychologists, and clinical social workers, representing a variety of cultures and ethnicities and trained to work with the university's multicultural student body. Counseling services are available to undergraduate and graduate students and include personal and group counseling and psychotherapy, marital and couples counseling, consultation and outreach services, and referral services for students. Consultation services are also available to staff, faculty, and the university community on a variety of topics related to the emotional wellness of students. In keeping with accepted professional practice, counseling is strictly confidential, and no information is released without the student’s explicit written authorization. Counseling services are free of charge to all currently enrolled students. The Center is located in Student Services Building, Room 208. Appointments may be made by phone (415) 338–2208 or in person.

Health Promotion & Wellness

The mission of SF State University's Health Promotion & Wellness (HP&W) unit is to achieve health equity and enhance academic, personal, and professional success for all members of the SF State community. Using a socio-ecological perspective and practicing with cultural humility, we aim to positively shift culture and social norms around health and wellness and to increase students’ self-efficacy to make informed health decisions. Our team is made up of health educators who focus on areas including sexual health, mental health, alcohol and other drugs, sexual violence prevention, men’s health issues, nutrition, and overall health and wellness. We coordinate the campus peer health educator programs which support the development of health leaders who partner with us in addressing campus health needs. HP&W is located in the Cesar Chavez Student Center, M-113C. Online information and resources related to health and wellness can be found at wellness.sfsu.edu (http://wellness.sfsu.edu).

Counseling Clinic

The Counseling Clinic, a graduate training program, offers counseling services to students, including individual, couples, and group therapy. The interns are experienced, advanced second-year graduate students in the Counseling Department. The interns work under the close supervision of the counselor faculty at Counseling and Psychological Services. There are no fees. Interested parties may call the clinic at (415) 338–1024 or go to Burk Hall 117.

Psychotherapy Clinic

The Psychology Clinic offers services to both students and the community-at-large. Many treatment modalities are provided, including individual, couple, child, and family therapy. The psychotherapy trainees are experienced, advanced graduate students working under the close supervision of the Clinical Psychology faculty. Clinic services are provided on a sliding fee scale, however no one is turned away for lack of funds. Interested parties may call the clinic at (415) 338–2856 or go to the Ethnic Studies and Psychology building, room 240.