



**QUESTIONS AND ANSWERS ABOUT UCR'S COUNSELING AND PSYCHOLOGICAL SERVICES (CONT.)**

**Q.** How do I get started seeing a counselor?

**A.** Call (951) 827-5531 or stop by UCR's Counseling and Psychological Services at:  
**University of California, Riverside**  
**Veitch Student Center, North Wing**  
**951-UCR-TALK • (951) 827-8255**  
**On Campus: 2-TALK (2-8255)**  
[counseling.ucr.edu](http://counseling.ucr.edu)

**Q.** Are my counseling sessions confidential?

**A.** All information gathered during the course of counseling is confidential and can be released only with the student's written consent within the limits of the law.

**Q.** What other resources are available at UCR's Counseling and Psychological Services?

**A.** Our office has many useful self-help booklets available on such topics as "Coping with Depression." We also have relaxation tapes which may be purchased or borrowed for a nominal fee.

05/16

**HOURS**  
Monday through Friday • 8 a.m. – 5 p.m.

**FOR AN APPOINTMENT**  
Call UCR's Counseling and Psychological Services during regular office hours

(951) UCR-TALK • (951) 827-8255  
Or (951) 827-5531  
On Campus: 2-TALK (2-8255)

**COUNSELORS ARE ALSO AVAILABLE BY PHONE**  
**24-hours Daily**  
(951) UCR-TALK • (951) 827-8255  
Or 951-827-5531  
On Campus: 2-TALK (2-8255)

**ADDRESS**  
UC Riverside Counseling and Psychological Services  
Veitch Student Center, North Wing  
Riverside, CA 92521  
[counseling.ucr.edu](http://counseling.ucr.edu)  
*Made available by UCR's Counseling and Psychological Services*

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**CRITICAL RESOURCES**

- RIVERSIDE HELPLINE 1-800-686-HELP**  
1-(800) 686-4357 • (24 Hours)
- NATIONAL SUICIDE HOTLINE 1-800-SUICIDE**  
1-(800) 784-2433 • (24 Hours)
- STUDENT HEALTH SERVICES (951) 827-3031**

**Surviving Skills for First Year Students**



SURVIVING SKILLS

*These are surviving skills to help first year college students prepare for life at UC Riverside.*

## CLINICAL AND COUNSELING SERVICES

People seek help for a range of difficulties or concerns such as stress and anxiety, depression, interpersonal relationships, eating disorders, identity concerns or life transitions. Individuals may be seen individually or placed into a group.



Various types of group counseling are offered including: interpersonal groups which focus on understanding relationships with others and structured groups to address specialized issues such as depression, anxiety and low self-esteem.

Couples Counseling is available for students and their partners or spouses to help resolve relationship difficulties.

## WORKSHOPS AND PRESENTATIONS

A variety of workshops related to academic and personal issues are offered throughout the year. Examples of possible topics include assertiveness training, stress management, eating disorders, and communication skills. Outreach presentations are primarily informational and educational in nature. Possible topics may include an orientation to Counseling and Psychological Services and how to refer a distressed student. Our professional staff also support the work of other departments by providing workshops, training sessions, and presentations.

## CONSULTATION

Our staff provide telephone and in-person consultation to faculty, staff, students, 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.

## PSYCHOLOGICAL ASSESSMENT

Psychological assessment may be incorporated into the counseling process to assist with the diagnosis and understanding of client concerns.

Vocational testing helps to assess what people do well, what they might be interested in doing, and what may lead to long-term satisfaction.

In addition, UCR's Counseling and Psychological Services provides a service to UCR students and area residents by serving as a national test center, supervising the administration of national and state qualifying examinations such as the LSAT and MPRE.

## BIOFEEDBACK

Biofeedback training is often used for stress related symptoms such as generalized stress and tension, headaches, test anxiety, phobias, and sleep disorders. Biofeedback involves monitoring psycho-physiological processes which are normally outside of an individual's awareness. As individuals become more aware of their physiological responses, they may modify them.

counseling.ucr.edu

## QUESTIONS AND ANSWERS ABOUT UCR'S COUNSELING AND PSYCHOLOGICAL SERVICES

**Q.** Who is eligible for UCR's Counseling and Psychological Services?

**A.** All students who pay a registration fee are eligible for UCR's Counseling and Psychological Services. Sometimes other persons important in your life such as spouses, partners, parents, children or friends may be involved in counseling sessions with you. The decision to involve others will be determined by you and your counselor. Faculty and staff who are in crisis may be seen for one session or for a referral to counselors in the community.

**Q.** Do I have to pay a fee for UCR's Counseling and Psychological Services?

**A.** Students who are currently enrolled at UCR and have paid registration fees receive core Counseling and Psychological Services free of charge. Biofeedback is available to faculty and staff for \$15 per person.

**Q.** What are my counselor's qualifications?

**A.** UCR's Counseling and Psychological Services staff is ethnically diverse and composed of licensed psychologists, marriage and family counselors, and psychology interns completing their counseling or clinical psychology doctoral training.



# SURVIVING SKILLS