What types of services are offered at the Center?

**Short-Term Counseling:** Weekly one-on-one counseling sessions that focus on personal issues and concerns.

**Group Counseling:** Supportive counseling in a group setting of peers designed to help students better connect with themselves and others.

**Psychiatric Consultations:** Designed for students who may benefit from medication or a psychiatric evaluation in addition to counseling.

**Referral:** Consultation sessions that offer recommendations for more long-term and specialized care.

**Crisis Counseling:** Walk-in service for students who are at imminent risk for suicide, violence, or who have experienced a traumatic event.

**Testing Evaluation:** Psychological assessments that can help determine counseling goals and accommodations.

**Performance Enhancement Consultations:** One-on-one consultations to reduce anxiety associated with sports, public speaking, test-taking and more.

**Substance Abuse Prevention:** One-on-one meetings with the Prevention Coordinator that involve Screening, Brief-Intervention, and Referral to Treatment (SBIRT) in collaboration with the Office of Health and Wellness.

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**Emergency Support and CIT**

During office hours Monday-Friday 9am-5pm, you may call at 646-312-2155 to make an appointment or drop by for more emergent needs. Our highly qualified team of mental health professionals is here to help.

If an emergency arises outside office hours, please call 911 or visit the emergency room of your nearest hospital in the New York City area.

**After Hours Support**

On weekends and after 5pm on weekdays, if you are in a crisis or need to speak to a counselor, please contact NYC Well for confidential mental health support. You can speak to a counselor via phone, text, or chat in more than 200 languages, 24/7/365.

English: 1-888-NYC-WELL (1-888-692-9355), Press 2
Call 711 (Relay Service for Deaf/Hard of Hearing)
Español: 1-888-692-9355, Press 3
中文: 1-888-692-9355, Press 4
Text “WELL” to 65173
Chat via https://nycwell.cityofnewyork.us

**Campus Intervention Team (CIT)**

If you are concerned about a student, please fill out a “Concerning Behavior” CIT form at https://www.baruch.cuny.edu/studentaffairs/cit.htm

You can also type “CIT” into the search box of the Baruch College Homepage.

Baruch’s interdisciplinary support team will reach out to the student and connect them with support services.
What is Counseling?

Talking with a counselor is different than talking to a friend, relative, teacher, or other person in your everyday life. Counseling is a form of professional help in which people have an opportunity to take a more objective look at their lives.

Counselors are trained to be objective, unbiased listeners. They can help you get to the root of what is bothering you and, in a way, they can help you to help yourself.

Counselors are also trained to deal with a variety of crisis situations (such as suicide, rape, sexual harassment) and have an extensive referral network of mental health professionals in the New York City area to ensure students get the help they need.

Who can use the Counseling Center?

The Counseling Center offers counseling services to anyone who is currently enrolled and registered as an undergraduate or graduate student at Baruch College. Baruch faculty, staff, and alumni may be seen for consultation and referral. Non-degree and non-matriculated Baruch students are also seen for consultation and referral.

The Counseling Center at Baruch College

The Counseling Center helps students to define and achieve their personal and academic goals. The Counseling Center can help you to:

- Recognize what is upsetting you
- Clarify your goals
- Focus on your studies
- Find ways to deal with difficult situations
- Improve your relationships

Counselors work with students on a wide variety of personal issues. Some of these concerns include:

- Anxiety
- Depression and suicidal thoughts
- Relationship or family issues
- Grief and loss
- Relationship to alcohol and drugs
- Academic performance
- Loneliness and homesickness
- Stress
- Self-esteem and feelings of inadequacy
- Interpersonal violence
- Histories of trauma and abuse
- Time management
- Eating disorders
- Sexuality and gender identity questions
- HIV and other sexually transmitted infections
- Adjusting to a new country and/or lifestyle
- Anxiety related to performance (e.g., public speaking, test-taking, sports, social interactions)

What Does the Counseling Center offer?

The Counseling Center is one of several units within the Division of Student Affairs. We offer individual and group counseling to the Baruch community. Our trauma-informed, culturally-sensitive services are all confidential and free of charge.

In addition to one-on-one counseling sessions and group sessions, the Counseling Center offers workshops, presentations, and discussion groups. Topics of previous workshops have included mental health stigma, stress reduction, test anxiety, and suicide prevention.

The Counseling Center is located on the 9th Floor at 137 East 25th Street (Annex Building). The office’s regular hours of operation are 9am to 5pm, Monday through Friday.

To make an appointment or to contact the Counseling Center, call (646) 312-2155 or email counseling@baruch.cuny.edu.

Please Note: If the 25th Street entrance is closed, please proceed to the temporary entrance at 138 East 26th Street. Take the elevator to the 9th floor and follow the hallway down to the front desk to check in.