

## 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.

**Black Mental Health Matters Support Sessions:** Weekly sessions aimed to foster and support the growth, networking, collaboration, success, and well-being of Black Students.

**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.

## Emergency Support and CIT

During office hours Monday-Friday 9am-5pm, if you are experiencing a crisis, please visit us at 137 E. 25th Street, 9th Floor. 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.

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# The Counseling Center



### Helping You Succeed

137 East 25th Street, 9th Floor  
New York, NY 10010  
Phone 646-312-2155  
Fax 646-312-2156

[counseling@baruch.cuny.edu](mailto:counseling@baruch.cuny.edu)  
[studentaffairs.baruch.cuny.edu/counseling](https://studentaffairs.baruch.cuny.edu/counseling)

## 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 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. Consultation sessions are also offered to Baruch faculty and staff in order to assist them with students of concern.

## 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:**

- Stress and anxiety
- Depression and suicidal thoughts
- Relationship or family issues
- Grief and loss
- Relationship to alcohol and drugs
- Academic performance
- Isolation and loneliness
- COVID-19-related mental health concerns
- Self-esteem and feelings of inadequacy
- Interpersonal violence
- Race-related trauma
- Histories of trauma and abuse
- Time management
- Eating disorders
- Sexuality and gender identity questions and related trauma
- 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 trauma-informed, culturally-responsive services that are confidential and free of charge.

In addition to the services described in this brochure, the Counseling Center offers workshops, presentations, and panel discussions to students, faculty, and staff. Topics of previous workshops have included mental health stigma, stress management, the imposter phenomenon, 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, please go to our website at [studentaffairs.baruch.cuny.edu/counseling](https://studentaffairs.baruch.cuny.edu/counseling) and click on "Make An Appointment". For general questions, please email us at [counseling@baruch.cuny.edu](mailto:counseling@baruch.cuny.edu) or call (646) 312-2155.

