The Counseling Center is one of several units within the Division of Student Affairs at Baruch College. Our services are all confidential and free of charge.

The following is a list of the services we offer:

- **Individual Psychotherapy:** Weekly one on one counseling session that focuses on your personal issues and concerns.

- **Group Therapy:** Counseling in a group setting of peers designed to develop socialization skills.

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

- **Referral:** A counseling session that offers recommendations for more long-term and specialized care.

- **Crisis Counseling:** Walk-in service for students who feel they are a danger to themselves or others or who may have experienced a traumatic event.

- **Testing Evaluation:** Psychological assessments that determine treatment plans and accommodations.
What counseling can do for you:

Mental health is just as important as physical health. It provides a foundation for how to deal with the world around us.

Counseling can help you:

- Get one step closer to living an authentically happy life
- Improve your relationships
- Increase your confidence and self-esteem
- Identify and address personal issues that interfere with academic success
- Develop coping mechanisms to navigate through stress, conflicts and crisis situations
- Identify and work toward more effective personal, interpersonal, and group functioning
- End patterns of self-sabotage and learn to accept responsibility for your life instead of feeling stuck and helpless

Contact us
(646) 312-2155
counseling@baruch.cuny.edu

Make an appointment online at: www.baruch.cuny.edu/studentaffairs/counselingcenter.htm

We are located on the 9th Floor at 137 East 25th Street (Annex building). The office’s regular hours of operation are Monday - Friday from 9 AM - 5 PM