OUR SERVICES:
We respond to the mental health needs of students through evaluation, brief counseling, group therapy and referrals.
Our services include:
• Individual, couples, and group counseling
• Limited psychiatric services
• Psychological and learning disability evaluations
• Crisis intervention
• Crisis Helpline available to students 24/7
• Biofeedback

FEES & ELIGIBILITY FOR SERVICE:
Most counseling services are free to all registered students, including part-time students. There is a nominal fee for some assessment services. Students enrolled and attending classes at either the main campus or downtown campus UTSA may use our services at either campus.

GETTING STARTED WITH SERVICES:
Call our office and you will be asked a series of questions to connect you with the appropriate service. Prior to your first scheduled appointment, you will be asked to fill out brief personal information forms. This first session will enable the counselor to learn more about the problem(s) that concern you, their duration, and any personal and family history that is relevant. At the end of the session, you will receive some immediate feedback and initial recommendations from the counselor for best addressing your concerns.

HOW WE CAN HELP & COMMON CONCERNS:
Most of us can benefit from having a skilled listener, who is both compassionate and non-judgmental, to assist us in dealing with a problem. Our counselors can help provide this to you and are skilled at helping individuals with topics such as anxiety, depression, relationship problems, gender and sexuality, family concerns, and academic stress.

PRIVACY & CONFIDENTIALITY:
Your counselor is legally and ethically bound to maintain your confidentiality. The office does not divulge any information about you to anyone on or off campus, including that you came for services, without your specific written permission. One exception to this is if you reveal information indicating that you, or someone else, are in immediate peril, or if a court subpoenas your records. Your counselor can discuss this further with you.

WHAT IF I FEEL MY SITUATION IS AN EMERGENCY?
We operate on a scheduled appointment basis and have a responsibility to protect the time of those clients who have scheduled appointments. However, if someone comes to us in crisis during office hours, we make every effort to see the student as soon as possible in order to assess the situation. In rare cases where an immediate medical/psychiatric emergency exists, we access the services of local hospitals and treatment centers. We also have a Crisis Helpline available for students to access professional counselors outside of our office hours.

CONNECT WITH US

Office Hours
Main Campus (RWC 1.810)
Fall/Spring: Monday, Thursday, Friday 8 am - 5 pm
Tuesday, Wednesdays: 8 am - 7 pm
Summer: Monday-Friday 8 am - 5 pm
Downtown Campus (FS 4.556)
By Appointment Only

Contact
Office number / 24 hour Crisis Helpline:
(210) 458-4140
Website: www.utsa.edu/counseling
https://www.facebook.com/utsa.counseling
UTSA_COUNSELINGSERVICES
@CounselingUTSA