

Counseling Services at Sac State

Welcome to Counseling at Student Health and Counseling Services (SHCS). We are pleased that you are here and we look forward to meeting with you to discuss any concerns you may have. Our staff of mental health professionals takes very seriously the trust that you place in us, and we will make every effort to provide the highest standard of care in a safe and comfortable setting. Below you will find some information that will be helpful.

What to Expect

Your First Visit: During your first visit to the counseling center you will be asked to spend 10-15 minutes completing an informed consent for service, a demographic questionnaire, and an electronic assessment of your overall mental health. Once completed your counselor will review these materials and spend approximately 45 minutes with you to discuss your current concerns. During this initial meeting, your counselor will listen carefully to understand the issues that have brought you in, assess how your daily functioning is being impacted, and make recommendations for the types of services that have the potential to be most helpful. Because we work with a short-term counseling model, the initial assessment by your counselor may include a discussion and recommendation for an off-campus referral if appropriate.

Follow-Up Visits: The length and frequency of follow-up visits for counseling will be determined in consultation with your counselor. Individual counseling sessions typically last between 45-50 minutes. Some students find relief in 2-3 sessions to talk about something very specific, while others may benefit from additional sessions. Students may be seen weekly, biweekly, or even monthly depending on what is needed. Positive outcomes in counseling are often dependent upon the work that clients do in between sessions with their counselors. We encourage our clients to discuss with their counselors what they should be doing between sessions to optimize progress.

Support Groups

Counseling groups can be a very effective way to resolve a number of personal and interpersonal issues and concerns. Each semester the counseling center offers groups to address a variety of concerns including trauma, family transitions resulting from parents' separation or divorce, gay, lesbian, or bisexual orientation issues, as well as learning to make healthy connections with others. Anything discussed in a counseling group is confidential and stays within the group. You may ask your counselor which group would best meet your needs.

Referrals

Counseling Center staff can assist in referring students to off-campus providers or agencies when requested. We keep an updated listing of mental health services and providers in the Sacramento area.

For information or to schedule an appointment, call the Sac State SHCS at 916-278-6461.