College can be a stressful time for some students. Most if not all students will experience stress and anxiety at some point in their academic careers. Coming to college some students are already aware of the mental health services on campus while others may have had no idea the services are even offered.

We want you to be aware of the services Student Health and Counseling Services provides! Both individual and group sessions are available. We know counseling can be difficult to approach for some, this is normal! As the counselor assigned to the res-hall at Sac State I want students to know my goal is to make the experience as approachable and comfortable as possible. Providing a safe, confidential space in the residence halls is of the upmost importance. Booking a consultation appointment is your first step to find out whether counseling is something you are interested in! Email Nik at nikolas.jones@csus.edu to set up a time for a consultation appointment!

If you are experiencing an urgent need our Urgent Care services are available at TheWell. Call 916-278-6461 and ask to speak to the UC Counselor or show up at UC (downstairs) at TheWell.

If you are experiencing an active mental health crisis do not hesitate to call 911.