Comprehensive Assessment Services for Full-Time Students

The University Counseling Center (UCC) provides comprehensive initial assessments, individualized treatment plans, and support to put such a plan into action for all University of Rochester full-time students who pay the mandatory health fee. Services include group therapy, referral services to community providers, brief individual and couples therapy, and psychiatry services for medication management.

Services Available

Brief therapy is available for a variety of problems, including anxiety, depression, relationship difficulties, family problems, grief, school-related problems, and general discomfort about what's happening in a person's life.

Our therapists are licensed professionals and professionals-in-training from a variety of mental health disciplines. They employ many treatment approaches and draw upon a wide range of training and experience in the field of psychotherapy. Our psychiatrists are available to provide prescription medication in conjunction with therapy.

Before your first visit, you will be asked to complete assessment forms that will help us understand you better and aid in our working with you. This allows UCC to manage resources more efficiently and provide you with the most appropriate care.

Confidentiality

We are extremely careful to protect the confidentiality of our records. Your University Counseling Center record is available only to those professionals directly involved in your care. UCC records are kept separate from URMC records.

Information about your visits will not be disclosed without your written permission to any University official or faculty member or to your family, friends, or roommates except in very specific circumstances. Those circumstances are limited to instances when your own life or that of another person is in danger and to the very rare occasions when we are presented with a subpoena.

Additionally, for evaluation purposes, we will not provide clinical information, even with your permission, to current or future employers or to agencies of the government, etc. We will, at your written request, provide clinical information to another professional for the purpose of your further treatment.

Appointments—Call (585) 275-3113

Students can schedule appointments by calling the River Campus office. Eastman School of Music and Medical Center students should call the River Campus office to schedule an appointment at the ESM Student Living Center or the Medical Center satellite offices.

Missed Appointments

If you are unable to keep your appointment, we ask you to call our office to cancel or reschedule. If you do not keep your appointment, your therapist will contact you to determine your desire to continue in treatment. It is possible your appointment time for the following session will be given to another student if we do not hear from you at that time.

Recording Therapy Sessions

UCC is committed to providing high-quality services. We routinely make videotaped recordings of therapy sessions for review by our supervisory staff for program evaluation and for the therapist to plan for subsequent visits. Group therapy sessions are videotaped. Your therapist can answer questions about our policy.

UCC Locations and Hours

River Campus Office
UHS Building, 3rd floor
(585) 275-3113
Open weekdays
• 8:30 a.m.—6 p.m., Monday–Thursday
• 8:30 a.m.—5 p.m., Friday

Medical Center Satellite Office
1–5000, UR Medical Center
(UHS Medical Center Office)
A UCC therapist is available for limited hours during the academic year.

Eastman School Office
Room 107,
ESM Student Living Center
A UCC therapist is available for limited hours at the Eastman School of Music during the academic year. Services are limited, and students who are initially seen may move to one of our fully staffed locations.

After-Hours Emergency
Call (585) 275-3113
7 days a week
Students who are in distress themselves or are concerned about a friend can call the UCC after-hours emergency service.

For more information about UHS services, visit us online: www.rochester.edu/ucc