Counseling Center

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The University Counseling Center, a unit of the Division of Student Services and Enrollment Management, provides mental health programs and services to currently enrolled UO students; consultation and education and prevention programs for faculty and staff members, parents and families of students; and training and supervision to graduate-level therapists. A professional support and crisis line is available when the center is closed.

The Counseling Center provides initial assessment, brief individual therapy, support and therapy groups, crisis intervention, referral to community resources, and education and prevention workshops to UO students. Issues commonly addressed include depression, anxiety, suicidal thoughts, relationship concerns, psychosis, mania, identity development, body image concerns, eating disorders, grief and loss, and sexual assault. Psychologists and counselors provide consultation on issues relevant to the mental health of students and education and prevention programs to members of the university community. The Collegiate Recovery Center provides support for students in recovery from drug and alcohol addiction. More information, including hours of operation, is available on the website (http://recovery.uoregon.edu/).