

REFERRING SOMEONE TO THE COUNSELING CENTER

We encourage parents, faculty, staff and peers to refer students who they feel could benefit from our services. Please be aware that due to confidentiality policies, we cannot schedule an appointment for a student through a third party. The student will need to contact us directly. If you would like to help a student schedule an appointment, you are welcome to be with them when they make the initial phone call to our office.

CONFIDENTIALITY

All counseling/therapy sessions are treated with the strictest of confidence. By LAW no personal information you share with your counselor will be divulged to any third party, including parents, faculty, staff, or other students, without your written permission. Under certain circumstances, there are exceptions where confidentiality may not be guaranteed. These exceptions include, but are not limited to: serious and imminent threat to your life or welfare, or to the life or welfare of another person, or to the university community. Full disclosure and applicability of confidentiality is provided during the first meeting.

Updated 08/2021

We offer FREE and CONFIDENTIAL individual & group therapy, crisis counseling, consultations and outreach services for the campus community.

The Counseling Center is located in the Student Development Center on the lower level of the Armacost Library building.

Our administrative hours are Mon-Fri, 8am-5pm.
Evening appointments are available.



Visit our website
by scanning QR
Code

First Floor, Armacost Library
1200 E. Colton Ave
P.O. Box 3080
Redlands, CA 92373-0999
Office: 909-748-8108
Fax: 909-335-5118

24/7 Support Crisis Line
909-748-8960

COUNSELING CENTER

Providing free & confidential mental health services to registered students at the University of Redlands.



SERVICES OFFERED

INDIVIDUAL SHORT-TERM THERAPY

Individual counseling is a process through which clients work one-on-one with a trained mental health clinician in a safe, caring, and confidential environment. Our short-term therapy model works best for students who have a mild to moderate range of symptoms. See the Scope of Services section.

CRISIS COUNSELING & AFTER HOURS CONSULTATION

Urgent, same-day appointments during the week are available. A phone consultation with the counselor of the day is common first, to evaluate your situation and determine the best option for you.

For after hours crisis support call our 24/7 Crisis Line at 909-748-8960 to be connected with a licensed therapist.

SINGLE SESSION THERAPY

Single Session Therapy is a service for students who want to meet with a therapist one time to address one concern in a focused way. If/when there is a wait list for short-term therapy, a single session appointment may be available sooner. (Limit 2 per semester)

GROUP THERAPY

We offer various ongoing group therapy options through the year for additional support. Students can attend multiple groups. Visit our website for the current flyer.

OUTREACH & TRAININGS

Our staff is available to facilitate trainings on Suicide Prevention and Stress Management. Visit our website to make a request.

COMMON TREATMENT ISSUES

The reason students seek services vary, ranging from day-to-day concerns to depression, substance use, and anxiety. Below is a list of specific concerns that students often experience:

- Anxiety/Persistent Worry/Panic Attacks
- Family Issues
- Academic Performance
- Sexual Orientation/Gender Identity
- Homesickness/Loneliness
- Relationships/Intimacy Issues
- Depression/Mood Swings
- Feeling Overwhelmed
- Alcohol/Substance Use
- Suicidal Thoughts
- Identity Concerns/Confusion
- Sexual Assault
- Grief/Loss
- Trauma
- Adjusting to Campus Life

MAKE AN APPOINTMENT

Appointments may be made by calling the Counseling Center at (909)748-8108. Appointments will be scheduled as soon after the initial request as possible, depending on the urgency of the situation and staff availability. We do not offer Walk-In appointments. Please note that demand for services increases from midterms-finals.

SCOPE OF SERVICES

The Counseling Center utilizes a short-term model of therapy for individual and couples in order to use its resources most effectively and assist students in addressing issues common in a college setting. Concerns requiring long-term or specialized therapy and/or psychiatric medication are best addressed by mental health professionals outside of the Counseling Center.

SCAN QR CODE FROM YOUR MOBILE DEVICE TO READ OUR FULL SCOPE OF SERVICES



REFERRALS

If you do not fall under our scope of services, the Counseling Center can make referrals to therapists and psychiatrists in the local community. You can also download a full list of referrals to the community by visiting our website Referrals & Resources page.

SCAN QR CODE FROM YOUR MOBILE DEVICE FOR DIRECT ACCESS TO REFERRALS PAGE

