

## Counseling and Psychological Services

Counseling Center services are available for students seeking confidential help for personal as well as interpersonal difficulties. Services are free of charge to Cal U enrolled students. The Counseling Center, located in the Wellness Center, provides an array of short-term counseling and psychological services to University students with problems that interfere with their adjustment to campus life, personal development or effective educational performance. The Counseling Center provides the following services to students:

- Evaluation.
- Consultation.
- Brief therapy.
- Emergency intervention.

Students requiring intensive or specialized care will be referred to community mental health providers. All therapists working in the Counseling Center adhere to federal and state ethical and legal standards and laws concerning confidentiality. Enrolled students can make an appointment by calling 724-938-4056 or email [studentwellness@calu.edu](mailto:studentwellness@calu.edu) for referrals and resources.