



University Counseling Center

Providing a Structure of Support

Counseling Center

The Counseling Center is the hub for psychological care, consultation, and mental health education programs for the UO community. Our team of college mental health specialists tailors our work to fit the unique needs of university students and the faculty, staff, parents, and families that also educate and support them.

- Counseling Center services include:
- Individual and group therapy for students
- Crisis intervention
- After-hours support and crisis line
- Consultation to faculty, staff, families, and friends of students
- Education and prevention programs
- Training for future psychologists
- Case management for referrals to community resources

1,857

BRIEF PHONE ASSESSMENTS

375

CRISIS BRIEF ASSESSMENTS

1,475

IN-PERSON INITIAL
ASSESSMENTS

7,355

INDIVIDUAL THERAPY SESSIONS

133

BASICS DRUG AND ALCOHOL
ASSESSMENTS AND SESSIONS

199

PSYCHOTHERAPY GROUP
SESSIONS IN

10

DIFFERENT THERAPY GROUPS

211

FACULTY AND STAFF
CONSULTATIONS

154

FAMILY AND FRIEND
CONSULTATIONS

255

CONSULTATIONS WITH MEDICAL PROVIDERS FROM OUTSIDE THE CENTER

571

CALLS TO OUR SUPPORT AND CRISIS LINE

31

HOURS OF COMMUNITY SUPPORT DEBRIEFING AFTER CAMPUS CRISES

228

EDUCATIONAL PRESENTATIONS



HOSTED

4

APPLIED SUICIDE INTERVENTION SKILLS TRAININGS

TRAINED

45

FACULTY AND STAFF MEMBERS

SAB MEMBERS CONNECT WITH

1,283

STUDENTS THROUGH TABLING AND EVENTS

Expanding Our Services

The number of students seeking assistance from the University Counseling Center continues to grow. To accommodate our students' needs, we've also grown. This year we've hired five new therapists and renovated our facilities—increasing our capacity by 30 percent. This growth will better serve our students toward becoming successful graduates.

Serving Our Diverse Student Body

We strive to meet the unique needs of all Ducks. We have resources for international students (including bilingual counselors), teams of counseling staff to assist students who identify as LGBT, and programs to support students of color.

Initiatives and Special Programs

Collegiate Recovery Center

The Collegiate Recovery Center assists students in successfully achieving their academic goals while maintaining their recovery from addiction. Learn more at counseling.uoregon.edu/collegiate-recovery.

Trans-Care Team

Our team of trained and experienced counselors support students during their transition.

Suicide Prevention Programs

Counseling Center teams provide training and resources to improve awareness of suicide warning signs and effective intervention while also supporting at-risk students.

Learn more at counseling.uoregon.edu/suicide-prevention.

Comprehensive Intern Training

The Counseling Center maintains an APA-accredited doctoral health service psychology internship training program, as well as a doctoral practicum program in counseling psychology.

Student Advisory Board

Student Advisory Board (SAB) board members represent the voice of our diverse student body, enhance our initiatives, and support our services through advocacy, feedback, and peer education.

