The University Counseling Center (UCC) is dedicated to promoting psychological well-being that enriches personal and academic growth. Our goal is to help students integrate their college experiences and to cope with the stresses that are inherent in a diverse institution of excellence. The professional staff includes psychologists, social workers and mental health counselors. The following services are provided to registered students and are pre-paid by the student health fee:

- Individual counseling and psychotherapy (the most common service offered to students)
- Group counseling for a variety of issues
- Crisis appointments available 2 to 4 p.m. daily and otherwise as needed
- Consultation with parents, faculty, staff, students and others
- Outreach is provided to the campus community on a variety of topics to address salient campus situations or concerns
- Referrals to other campus and community agencies
- Evaluations for medical leave and for return to school
- Online library of pamphlets on a wide range of topics, such as eating disorders, anger and stress management, and how to improve academic performance
- Brief workshops on student mental health issues

GROUP COUNSELING AND SUPPORT GROUPS
Group counseling at the University Counseling Center involves a small number of individuals working together on common problems or concerns. Typically, these groups meet for one-and-a-half hours each week and are led by one or two staff counselors. Counseling groups may focus on a particular issue (e.g., exam anxiety or relationship issues) or they can be less structured sessions that explore broader issues or student concerns. Groups are offered throughout the academic year. Examples of typical offerings include groups for bereavement, interpersonal relationships and stress management.

CONSULTATIONS
Consultation is when a University Counseling Center staff member provides professional guidance about stressful situations or mental health issues to various members of the campus community. Consultations are most often provided to someone such as a friend, family member, faculty or staff member who is concerned about a student. Counseling Center staff members are available to consult on a broad range of issues. Common topics include responding to emotionally distraught students, resolving conflicts with roommates or classmates, and managing crisis situations in the classroom or residence hall. If you’re facing these issues and would like to speak with a counselor, please contact our office at 607-777-2772.
SKYPE THERAPY
To provide additional options for students’ support, Binghamton University offers students a way to maintain progress in psychotherapy or other provider services while away from home. Student living situations seldom provide a calm and private environment needed to communicate with providers from a distance. The Decker Student Health Services Center (DSHSC) is pleased to offer students a quiet and confidential place to participate in Skype sessions with their home provider via a large screen television (TV).

Binghamton University is not responsible for, nor insuring of the quality of the therapy received, but purely providing a confidential space for the interaction to occur. Should the arrangement not benefit the student as hoped, students are reminded of campus resources through the DSHSC and the University Counseling Center. Community referrals are also available.

Information on how to access the services can be found at binghamton.edu/health/our-services/

PROGRAMS OFFERED
20:1 SEXUAL ASSAULT PREVENTION AND BYSTANDER INTERVENTION PROGRAMS
The 20:1 Sexual Assault Prevention Program is a peer education program with an emphasis on Greek Life and Athletics. 20:1 peer interns educate other students on issues of sexual assault prevention, including victim empathy, sexual consent and bystander behavior. 20:1 is a nationally recognized program acknowledged by the California Coalition against Sexual Assault (CALCASA) and by the United States Department of Defense Sexual Assault Prevention and Response Office (DoDSAPRO) as a best-practice model for sexual assault prevention. The 20:1 Bystander Intervention Program, a sister program to the 20:1 Sexual Assault Prevention Program, focuses on supporting bystander intervention surrounding all types of interpersonal violence.

MENTAL HEALTH OUTREACH COORDINATOR AND PEER EDUCATORS
The Mental Health Outreach Coordinator organizes and provides education to the Binghamton University campus on issues affecting mental and emotional health through programming, workshops, classroom lectures, various media outlets, and tabling. The UCC Mental Health Outreach Peer Educators (M-HOPE) are students who have a strong interest in helping to educate Binghamton University’s students, faculty, and staff on mental and emotional well-being. These students commit to a yearlong, credit bearing internship in which they educate Binghamton University campus on these issues.