

How Do I Get Started?

Appointments

Call: [310-506-4210](tel:310-506-4210)

Making an appointment at the Counseling Center is quite easy. The quickest way to make an appointment is to call between the hours of 8am-5pm, Monday- Friday. You can also [e-mail us](#) and someone will respond to your e-mail within a day. Once you speak with someone at the Counseling Center, you will be scheduled for an intake appointment with a clinical staff member. While most students are seen within a few days, depending on your availability and the Counseling Center's schedule of openings, it can sometimes take up to a week or so.

Intake Appointment

Your first appointment with the Counseling Center is called the intake appointment. You'll be sent a link to complete several pieces of important paperwork (similar to the paperwork you have filled out when you've gone to see other doctors) prior to your appointment time.

Within the intake appointment, which typically lasts about 1 hour, you'll be asked questions about:

- your current situation, how long it has been going on, and your efforts to deal with it
- how you have dealt with stressful situations in the past, including previous counseling experiences
- your personal support system and history of family, peer, and intimate relationships
- your alcohol and/or other drug use
- previous, current or chronic health issues (medical or psychological), and any current medications
- your goals for counseling or other services

Based on this information, this counselor will make recommendations for the most appropriate assistance, which may include:

- Group Counseling
- Individual Counseling,
- Relational Counseling,
- Premarital Counseling, that includes the option of utilizing the [PREPARE Program](#)
- Referral to a Community Provider

- Other Services.

If you feel your concerns are an emergency, please let us know right away.

Off-Campus Options

Often, students prefer to receive their psychological services through an off-campus practice or facility. While we are not able to guarantee fees or services of these providers, the Counseling Center staff will help a student identify options for psychiatrists, specialists, or other treatment resources in the community. Please contact our office at 310-506-4210 for more information.