

University Counseling Services

Personal counseling supportive of
the diverse issues of the campus community.



University Counseling Services' Mission

University Counseling Services (UCS) is committed to providing a range of services to help currently enrolled DePaul students remove barriers to academic and personal success by addressing emotional, psychological and interpersonal concerns.

Our mission fits integrally within DePaul University as a learning community. We are committed to a student-centered, developmental approach to counseling services. Our purpose is to assist students in defining and accomplishing personal and academic goals, in order to maximize their potential to benefit from the academic environment and experience.

Who We Serve

Currently enrolled DePaul students are eligible to receive services through UCS. This includes full-time and part-time undergraduate, graduate and professional students. UCS also offers consultative services to faculty and staff in dealing with student needs and concerns.

Clients include a diverse group of students of varying ages and ethnicities who present a wide variety of situations and concerns, including: stress/anxiety, test anxiety, self-esteem, eating, body image, family, couple and relationship, depression, motivational problems, sexual identity, social confidence, alcohol and other substance abuse issues.

Our Services

UCS provides group counseling, personal growth and skill-oriented workshops, time-limited individual psychological counseling, crisis counseling, psychiatric evaluation and medication management services.

We offer primarily short-term counseling and provide referrals to community mental health providers when students need or could benefit from longer term or more open-ended psychological or psychiatric services.

We strive to help students successfully make important transitions, such as starting college; living away from home for the first time; transferring from another school; returning to college after time away; adjusting after a major life event or trauma (e.g., international travel or new cultural experience; parental divorce, illness or death; an assault or accident); and preparing to move from college to the work force.

UCS also provides consultation and outreach to various campus groups, and conducts a wide variety of workshops for the DePaul community.

Our Standards for Service—A Commitment to Quality Care

We endeavor to provide the best service possible. Our staff is sensitive to diversity issues and services are provided to currently enrolled students regardless of race, gender, religion, sexual orientation, disability or ethnicity. We have a diverse, caring and competent professional staff that works from a variety of theoretical perspectives. Some students find that talking to a counselor once or twice is sufficient to resolve their immediate concern. If further services would be beneficial, the counselor will discuss this option and make a recommendation.

Our counselors assist students in a variety of ways. They are excellent sounding boards, compassionate listeners and skillful experts in dealing with problems.

How to Get Started

Initial telephone consultation appointments are typically made on a same- or next-day basis by calling UCS. A member of the counseling services team talks with each student for about 15 minutes to determine the type of service needed.

What Happens in Counseling?

During the initial session, a counselor will help define what the client would like to gain from the counseling experience. After the assessment, the counselor and client will work together to develop a plan to help meet established goals.

Group Counseling

A variety of groups are offered at both the Lincoln Park Campus and the Loop Campus for students who may be struggling with specific issues (e.g., grief/loss, self-esteem, depression, anxiety, social confidence), or would like to understand more about how they tend to relate to others in general. The group format can be particularly effective for a broad array of concerns. Group counseling not only offers students an opportunity to get support and feedback from others, but also to learn more about themselves in a unique and stimulating way.

Fees and Payment

Excluding the initial intake appointment, there is a \$5 fee for each counseling session and \$10 for medication management visits. Payments are made at the front desk before/after each session, or for several sessions in advance, by cash or check. (Please speak with a counselor if circumstances require alternate payment arrangements).

Session Limits

As a university counseling center, UCS operates within a time-limited, brieftherapy environment. Counselors will assist students looking for more openended or longer-term treatment with an appropriate community referral. At UCS, the counselor and client decide on the number of individual sessions, mindful of a 20 session maximum throughout the course of a student's degree program. There is no limit on group counseling.

A Commitment to Protection of Privacy

Many people worry about whether the information shared with a counselor will be confidential. Client confidentiality is of the highest priority. No information will be shared without the client's informed, written consent. Under certain extreme conditions where personal safety is a concern, it may be ethically necessary to make exceptions to this policy.

For your convenience, we offer two office locations:

Lincoln Park Campus
Student Center
2250 North Sheffield Ave.
Chicago, IL 60614
(773) 325-7779

Lincoln Park Campus
DePaul Center
25 East Jackson Blvd.
Chicago, IL 60614
(312) 362-6923

Hours for both locations:

Monday–Friday

9 a.m.–5 p.m.

**Evening hours by
appointment**

studentaffairs.depaul.edu/ucs



DEPAUL UNIVERSITY

DIVISION OF STUDENT AFFAIRS

University Counseling Services