

Student Counseling Services at the Wellness Center

We're here to help: free, confidential

Individual Counseling

We work with graduate students to help with all kinds of personal and academic problems, big and small. Don't hesitate to come in if you want help or just want to talk things over.

Couples Counseling

Keeping your relationship healthy can be a big challenge in the stressful life of a graduate student. We offer short-term couples counseling to help. Your spouse/partner does not have to be a Graduate Center student, as long as you are matriculated here.

Group Counseling

Meeting with other students going through similar challenges can be helpful. Our current groups include Ongoing Challenges of Graduate Student Life, Parenting in Graduate School, LGBTQ and Dissertation Completion. See our website for descriptions of each group.

Dissertation & Academic Consultations

We offer individual consultations to help you with your dissertation or other academic issues. We work with you on the obstacles to progress, and help you develop strategies to overcome them. These consultations have been very successful and popular.

Upcoming Workshops

Our Center offers workshops throughout the academic year, designed to help with important issues in graduate student life, such as working with your advisor, public speaking, parenting while in graduate school, and completing the dissertation. Please check our website for the latest postings.

Walk-in-Hours

We now have walk-in hours during which students are free to come in without an appointment. A staff member will see you for a brief consultation, listen to your concerns and decide with you which services would best meet your needs. Please see our website for details.

Referrals

If you are interested in a kind of mental health service that we do not offer at the Wellness Center, we can provide a referral. We are knowledgeable about low fee and in-network providers near the Graduate Center with a range of expertise. We can help walk you through the steps of following up with an appropriate provider.

Website

Our website contains up-to-date information about our services, as well as links to many sites that we believe will be interesting and helpful to you.

**To request any of our services or for more information please stop by the
Wellness Center Room 6422, call us at 212-817-7020, or visit our website at
<http://cuny.is/wellnesscenter/>**

We are open Monday through Friday, 9-5.