

# The University Counseling Service (UCS)

The University Counseling Service (UCS) is a campus resource to support your mental health.

The University Counseling Service provides a variety of services to meet students' mental health needs at Howard University. Currently, we offer virtual or in-person services based on availability.

At UCS, we direct students to services depending upon their needs, availability and, local and state guidelines on teletherapy and the best standard of care. UCS services include one-on-one sessions with a counselor, group therapy sessions, workshops and referrals for medication management. In some cases, UCS may refer students to providers and resources in the UCS referral network.

Appointments are scheduled by calling our main line at 202-806-6870 weekdays from 8am to 5pm est. During this initial call, an administrator will ask a few questions before setting up your intake appointment.

To start services, you will meet with a clinician for an initial intake or consultation appointment. This initial interview appointment is used to discuss your needs so UCS can determine the most appropriate services for you. Please plan to spend approximately 45-60 minutes to complete the intake/consultation process at UCS. Virtual appointments are conducted on MS Teams and in-person appointments are held at our office location. Your intake interviewer will follow up with you regarding treatment recommendations, clinician assignments, and/or appropriate referrals.

## **University Counseling Service**

202-806-6870 - 8:00 AM to 5:00 PM

### **Crisis Line:**

202-345-6709 - After 5:00 PM

### **Location**

Harriet Tubman Quadrangle

2401 4th Street NW

Washington, D.C. 20059