

Columbia University Counseling and Psychological Services (CPS)

Category: Mental Health and Wellness

Location

Columbia Health Administration
Wallach Hall, Suite 125, Mail Code 4202, 1116 Amsterdam Avenue
New York,
New York
10027

Website

<https://health.columbia.edu/counseling-and-psychological-services>

Email

health@columbia.edu

Phone

(212) 854-2284

Description

The Counseling and Psychological Services (CPS) at Columbia University offers students a wide variety of health and mental health services, including but not limited to the following:

- Alcohol Self-Assessment
- Attention Deficit/Hyperactivity Disorder (ADHD)
- Body Image Concerns
- Couples Counseling
- Eating Disorders
- First-generation Students
- Gender-affirming Surgery Consultation
- Individual Counseling
- Men's Health
- Mental Health Outreach
- Multicultural Concerns
- Psychiatric Medication
- Referrals for Off-Campus Mental Health Treatment
- Religious and Spiritual Concerns
- Sexual and Gender Identity Issues
- Stress Coping
- Support Groups
- Supporting Students with Chronic Medical Conditions and Disabilities
- Trauma Support
- ULifeline (Confidential mental health screening tool)
- Veteran's Concerns

Workshops and Trainings

HAVE COUNSELING AND PSYCHOLOGICAL SERVICES BEEN SUSPENDED DUE TO COVID-19? Due to COVID-19, CPS's physical offices are closed. Virtual appointments can be scheduled by calling (212) 854-2878. CPS has also provided self-help and crisis resources for coping with stress, anxiety and other concerns here health.columbia.edu/content/coping-tools.

ABOUT COLUMBIA UNIVERSITY: Columbia University is one of the world's most important centers of research and at the same time a distinctive and distinguished learning environment for undergraduates and graduate students in many scholarly and professional fields. The University recognizes the importance of its location in New York City and seeks to link its research and teaching to the vast resources of a great metropolis. It seeks to attract a diverse and international faculty and student body, to support research and teaching on global issues, and to create academic relationships with many countries and regions. It expects all areas of the university to advance knowledge and learning at the highest level and to convey the products of its efforts to the world.

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