ABOUT COUNSELING

Counseling Services supports and promotes the mental health of Caltech students in order to improve the quality of their lives, and aid them in achieving academic success.

We don't have session limits, but we work within a goal-oriented model. This means that we help students identify specific treatment goals and work together to achieve them.

We connect students with community resources for open-ended therapy, and if they have needs that require specialty care.

OUR SERVICES

- Individual psychotherapy
- Couples therapy
- Substance abuse assessment, individual and group support
- Self-exploration, support, and theme-focused short-term groups
- Crisis intervention and after-hours crisis consultation
- Trainings and workshops
- Consultation with faculty and staff
- Referrals to community providers for open-ended therapy and specialty care
- Psychiatric consultation and medication management

Some services are available in Mandarin, Spanish, and Hebrew.

APPOINTMENTS

To make an appointment, call us at (626) 395-8331 or stop by the front office, located in room 40.

Appointments can also be requested via secure message through the Student Health portal. Log in with your access.edu credentials: https://mycaltechhealth.caltech.edu

Same-day appointments are available for urgent or crisis situations. If you require a same-day appointment, please inform the front office staff so they can arrange for a clinician to speak with you.

OFFICE HOURS

Monday - Friday
8:00am - 5:00pm
Closed during Institute holidays

WHAT TO EXPECT

Your first visit will last 20-30 minutes, and is designed to screen for any urgent concerns, help clarify your needs and identify the resources that will be most helpful to you. Please arrive 15 minutes before your appointment to complete a pre-visit questionnaire and consent forms.

At the end of your initial visit, the clinician will discuss the options available to you, which could include a referral to a group or workshop, an intake appointment, or other campus resources.

NEED HELP WHEN THE OFFICE IS CLOSED?

To reach a clinician when the office is closed, call 626-395-8331 and press “2.”

You may be placed on a brief hold; please stay on the line for assistance.

The on-call clinician will ask you screening questions and assist you with immediate concerns. A Counseling Services clinician will follow up with you the next business day.

WORKSHOPS & GROUPS

We offer a range of groups and workshops each term. Many students are wary of participating in a group setting at first, but once they do, most find it to be helpful and supportive - and a relief to find that they aren’t the only ones struggling with a particular issue. Some of our offerings include:

- Mindfulness-Based Cognitive Therapy Class
- Social Confidence Group
- Cognitive Behavioral Therapy for Insomnia
- Emotional Intelligence Toolkit
- Coping with Procrastination
- Psychotherapy Process Group
- Substance Use Group
- Emotional Regulation Skills Group

-
DID YOU KNOW...

Consulting with Counseling Services is a sign of strength! Over 23% of Caltech students access Counseling Services each year.

We collaborate with campus partners on a range of trainings, outreach events, and tabling events. We are happy to design a workshop for your lab group, house or residence, or student club.

- Imposter Syndrome
- Time Management
- Work-Life Balance
- The Strange History of Psychology
- Cannabis and the Brain
- Alcohol and Other Drugs
- Healthy Relationships
- Custom workshops available!

Request a program on our website: wellness.caltech.edu

WE'RE HERE FOR YOU

Whether you're seeking support for yourself or want to consult about a friend, we are here to help.

No concern is too big or too small - we want to work with you to find the right resources to address your needs. We will collaborate with you on a treatment plan.

ONLINE TOOLS

Counseling Services has partnered with SilverCloud Health, an online cognitive-behavioral program for stress, depression and anxiety. You can access it at your own pace, at any time. caltech.silvercloudhealth.com/signup

Several anonymous self-assessments are available at wellness.caltech.edu; take a screening for depression, eating concerns, substance use, and more.

NOT SURE ABOUT COUNSELING?

Let's Talk is a program that offers brief, confidential chats around campus. Check the Ion newsletter and our website for details!

CONTACT US

Student Counseling Services
1239 Arden Road
Pasadena, CA 91125

We are located just south of California Boulevard, east of the tennis courts.

(626) 395-8331 - phone
(626) 585-522 - fax
wellness.caltech.edu

STUDENT COUNSELING SERVICES