SF State University Counseling & Psychological Services

Counseling and Psychological Services are available on-campus so students can easily see a counselor. A counselor is a person who is trained to listen and give advice about a person’s private problems. A counselor will be confidential (s/he will not talk to anyone about your conversation or problems). You can talk to a counselor about problems which make you feel sad or stressed. For example, a student can talk to a counselor about:

- Family problems
- Living in a new culture
- Why you are feeling very sad
- Money problems
- Boyfriend or Girlfriend problems
- Feeling stress and pressure about your future plans

Steps to See a Counselor at SF State’s Counseling & Psychological Services

1. Go **Student Services Building, Room 205 (2nd Floor)**
2. Tell the Front Desk you would like to make an appointment to talk to a counselor and show them your SF State OneCard (ID Card).
3. Tell the front desk person if you would like to see a man or woman counselor and if you want to speak with a counselor who speaks your native language.
4. Before your appointment, the Counseling Office will call you to remind you of your appointment day and time.

Cancelling Appointments

1. You can cancel an appointment by calling (415-338-2208) or visiting their office, Room 205 in Student Services Building. Emails are not accepted.
2. You must cancel an appointment at least 24 hours before your appointment or you will be charged $20.

Counseling & Psychological Service

**Location:** Student Services Building, Room 205

**Fall & Spring Hours:** Monday through Thursday: 8:00 am - 6:45 pm
                        Fridays: 8:00 am - 4:45 pm

**Summer Hours:**     Monday through Friday: 8:00 am – 4:45 pm

**Phone:** (415) 338-2208
Website: https://psyservs.sfsu.edu/node/31