

You may schedule an appointment in advance, with a specific time reserved for you. Or, you may attempt to schedule an appointment on a “same day” basis by calling in the morning of the day you would like to be seen. If all the “same day” intake appointments are taken, you may try the next day or choose to schedule an advanced intake.

Our receptionists will ask you a few questions on the phone prior to scheduling the intake, or if you are here in person will ask you to complete a brief “Welcome and Request for Services” form. If you feel you need to meet with, or speak to, a counselor prior to the earliest intake we can schedule for you, please ask the receptionist about our [Crisis Services](#).

Following your intake you will receive an email from the UCC giving you the name of your counselor or group leader. We might also let you know that we need additional information. After you receive your counselor’s name, you can call or come in to set up your first counseling appointment.

Occasionally the intake counselor, in consultation with other clinical staff, will recommend that you seek services outside the counseling center. This may be because your situation suggests you will benefit from, or need, longer term therapy; or because our staff doesn’t have the particular expertise to help you with your situation; or because your situation requires a higher level of care.