COUNSELING & PSYCHOLOGICAL SERVICES CENTER

Let us help you find emotional, social, and educational success and well-being. No matter your challenges and goals, we’re here to help you:

• Manage stress
• Cope with depression and/or anxiety
• Improve relationships
• Build self esteem
• Resolve grief
• Explore other concerns

SERVICES
What you will find right on campus:

• Short-term therapy for individuals, couples and families
• Various groups and workshops
• Crisis intervention (during regular CPSC hours)
• Psychiatric consultation (requires CPSC referral)
• Outreach presentations (require advance notice)

Help is available at
WSU Ogden & WSU Davis.
801-626-6406
weber.edu/CounselingCenter

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