Counseling Walk-In Support Available

ANY student who wants support can speak to a counselor by visiting the Counseling Center and they will be seen by a counselor as soon as possible.

HOURS: Weekdays 9 a.m.–4 p.m.

Please visit regardless of whether or not:

You are in crisis or need someone to talk to,

OR

whether you have exhausted your academic year session limit

The Counseling Center wishes to provide you with timely support when you need it. However, walk-in consultations are not a substitute for ongoing counseling when more is needed. The discussion with the counselor is designed to provide the following services:

1. Identify what you need
2. Engage in solution-focused problem-solving
3. Identify useful coping strategies
4. Identify specific action steps you can implement to address your immediate challenge

University Counseling Center | 412-648-7930 | www.counseling.pitt.edu
Wellness Center, Nordenberg Hall Second Floor, 119 University Place