

# 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.**

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**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

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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 OF  
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**studentaffairs**  
COUNSELING CENTER

University Counseling Center | 412-648-7930 | [www.counseling.pitt.edu](http://www.counseling.pitt.edu)  
Wellness Center, Nordenberg Hall Second Floor, 119 University Place