

## 木禾心理Columbia TC咨询服务资源

### 学校名称:

Columbia University & Teacher's College & Barnard College

### 主校区

### 咨询中心网址:

<https://health.columbia.edu/content/counseling-and-psychological-services>

In response to the growing COVID-19 situation in the United States, our physical offices are closed.

Columbia University 并没有一个单独的心理咨询网页，心理咨询服务是作为一个大项和其他健康问题合并在一个网页的。

**电话(Normal & Urgent Mental Concern):** 212-854-2878

### **Main office:**

Alfred Lerner Hall, 5th and 8th Floors 2920 Broadway, MC 2606  
New York, NY 10027

哥大国际生、住宿舍或者是full time (12 credits) 是必须支付Columbia Health Fee, 这个fee cover了Columbia Health的所有服务包括咨询服务。

但需要注意的是Columbia Health Fee和保险不是一回事；学校还有单独和Aetna合作的学生保险，可以cover大部分Aetna network下的咨询服务，有\$20的copay；

### **收费和保险<sup>[1]</sup> 详情请参考网站：**

<https://www.tc.columbia.edu/insurance-immunization-records/health-insurance/columbia-student-health-insurance/>

### **Teacher's College校区：**

- 咨询中心网址 <https://www.tc.columbia.edu/studentsupportadvocacy/services/>
- TC的well being系统不同于主校区的counseling and psychological service (CPS)，是名为student support & counseling (SSC) 的独立系统。
- 提供短期咨询服务（十次及以内），但是不属于therapy。每次counseling时长：40–50 mins
- 提供referral to external psychological therapy

**适用人群：** TC students who have limited/no access to long-term mental health care, or are waiting to be seen by long-term services but need immediate support.

**Charge:** All services offered by the SSC team are free of charge.

**Location:** on the first floor of Thorndike Hall in room 166

**Hours:** Mondays 9am–5pm, Wednesdays 9am–3pm and Thursdays 9am–11am (subject to change).

**Other resources:** 形式基本类似于main campus, 具体细节详见网站:

<https://www.tc.columbia.edu/studentwellness/resources/for-students/>

### **Barnard College校区:**

- 咨询中心网址 <https://barnard.edu/rosemary-furman-counseling-center>
- BC的furman系统不同于主校区的counseling and psychological service (CPS), 相较于主校区预约更加方便与快速。
- 提供短期咨询服务 (case by case, 具体多少节免费会看情况), 但是不属于therapy。每次counseling时长: 40-50 mins
- 提供referral to external psychological therapy
- 电话预约 (212-854-2092), email预约 (counseling@barnard.edu), 现在也可以walk in预约。
- 如有紧急情况请直接拨打电话。

**适用人群:** Barnard学生

**Charge:** All services offered by the firman team are free of charge.但是外部 referral之后就要收费了

**Location:** 100 Hewitt Hall, first floor

**Hours:** Mon-Fri 9am-5pm,

## Within The US

For students within the United States looking to schedule a new virtual appointment, **please call 212-854-2878,**

**available Monday–Thursday,**

8:00 AM to 6:30 PM and Friday,

8:00 AM to 4:30 PM.<sup>[1]</sup>

9:00AM to 6:30PM,

and Friday 9AM to 4:30 PM

来访者可以挑选心仪的咨询师<sup>[1]</sup>。有些咨询师会提供普通话服务，也有对于国际生很有经验的咨询师。

- **这里是职员表：** <https://health.columbia.edu/content/counseling-and-psychological-services-directory>

学校的咨询中心提供的是短期的咨询服务。长期或需要更有针对性的服务的可以通过学校做referral；如果enroll了学校的保险，是必须要学校提供referral的；

- **这里有关于referral的信息：** <https://health.columbia.edu/content/referral-campus-mental-health-treatment>

### 咨询流程：

- **第一次咨询：** we will discuss your concerns and help you determine the most appropriate treatment options；一般咨询时间为45分钟

### 咨询服务主要的服务范围/目的：

- While there is no specific limit on the number of sessions at CPS, services are focused on short-term care designed, for example, to help students improve coping skills, better manage distress, resolve immediate problems or meet near-term personal goals.

## Outside the US

For students residing outside the United States interested in counseling services, click here and use "Columbia University" as your student code when logging in.

- Support For Student Wellbeing 网站目前只提供英文服务<sup>[1]</sup>。
- 该网站涉猎:Parenting,Aging,Balancing,Thriving,Living,International 几大项, 每个大项下涉及很多贴近生活的小项。
- 该网站会提供给来访者相关文章, 常见问题及解答, 视频,handbook,online seminar,Medline,各种test/screening等等自助工具。
- 网站上也提供了咨询师热线; 并没有写清楚工作时间
- 美国境内: 833 613 0979
- 美国境外: +1 919 873 5963
- 同时也可以在网上提交Contact a counselor Web Form 会有咨询师再联系来访者

**网站心理咨询服务基本分为以下几大项:**

**Stress:** <https://health.columbia.edu/content/stress>

To speak to someone about managing stress (需要学校账号密码) :

- Schedule an appointment with a mental health professional at Counseling and Psychological Services by calling 212-854-2878
- Schedule an appointment online with a health care provider at Medical Services or call 212-854-7426
- Contact Alice! Health Promotion at 212-854-5453 or [alice@columbia.edu](mailto:alice@columbia.edu)<sup>[2]</sup>
- (Alice! Health Promotion 提供很多有关身心健康的Q&A 和科普内容)
- Coping strategy

**Depression:** <https://health.columbia.edu/content/depression>

- The Counseling and Psychological Services team in Columbia Health is comprised of psychologists, psychiatrists, and social workers available to provide support through scheduled appointments, drop-in locations, or group support
- Common symptom

**Anxiety:** <https://health.columbia.edu/content/anxiety>

- The Counseling and Psychological Services team in Columbia Health is comprised of psychologists, psychiatrists, and social workers available to provide support through scheduled appointments, drop-in locations, or group support
- 提供Anxiety的不同分支的简介

## Self-help

In addition, CPS is offering virtual support spaces open to any student, anywhere. We also invite students to utilize the broad range of online coping tools available.

## Coping Tools

在心理咨询服务关闭期间，哥大提供多种helpline/textline 服务，方便人们快捷地接触到持证心理咨询师。全年无休。

- Reach a licensed mental health professional by phone outside of our regular hours of operation by calling CPS at (212) 854-2878. Follow the prompts to be connected to a counselor.
- Sexual Violence Response offers 24/7 support 365 days a year via the SVR Helpline at 212-854-HELP (4357).
- 除了Columbia University本身的心理咨询服务，以下网页还提供了NYC community 提供的各种心理咨询服务的电话和短讯号码。项目包含mental support, LGBTQ, suicide prevention, SAHMSA (substance abuse and mental health service administration resources)Disaster Distress, gambling, violence, parenting, mindfulness resources, life skills.
- <https://health.columbia.edu/content/coping-tools>

## ULifeline

包括抑郁，焦虑，进食障碍和酒精及药物滥用四个测试；测试是保密的，并且如果填写时候选择了学校，还会为测试者提供学校的资源信息。

<https://health.columbia.edu/content/ulifeline>

## Support Groups

除了常见的心理咨询，学校还提供了各种题目的virtual support groups，均通过zoom进行。

以下网址提供2022 Fall的时间表：

<https://health.columbia.edu/content/support-groups>

## Alcohol and Drug Abuse

网站内包含各种 alcohol/drug use disorder的简介和自评量表和处理办法。

### **Alcohol:**

<https://health.columbia.edu/alcohol>

### **Marijuana:**

<https://health.columbia.edu/content/marijuana>

### **Other Drugs:**

<https://health.columbia.edu/content/other-drugs>

## Relationships

网站提供了关于Academic, Friendship, Roommates三种关系的许多评估标准与建议。

<https://health.columbia.edu/content/relationships>