

The Center for Counseling and Diagnostic Services

Counseling Services

The Center for Counseling and Diagnostic Services, located at California State University, Sacramento, welcomes Sacramento area community members for individual, couple and family counseling. We encourage you to use our services whatever your age, ethnicity, cultural background, sexual orientation, marital status or family situation.

What types of counseling do you offer?



Individual Counseling

For adults or children who want assistance and skills in dealing with personal changes, emotional and social challenges, and other personal issues such as divorce/separation, depression, anger, and stress.



Couples/Family Counseling

Whether you are married, "coupled," or domestic partners, this is for those seeking to strengthen and improve their relationships or to work on unsatisfactory relationship or family issues.



Career Counseling

Persons who would like assistance in learning how to make decisions and needing information or guidance for educational or career choices can receive counseling and appropriate referrals.



Rehabilitation Counseling

Individuals with disabilities may receive assistance and services regarding all areas of their life. The Center provides guidance with individual career exploration, professional, academic and personal counseling, wellness strategies and other services, as needed. This service is for clients 18 years and older.

Scheduling is now open for spring 2020 counseling appointments. Sessions are low-cost and by appointment only. Free for CSUS students. Please call our office at **916-278-6252** or email us at **ccds@csus.edu**. **CCDS located in Eureka Hall 421**