



# University of Rochester

**University of Rochester Psychological Service Center (URPSC)**  
Meliora Hall, Department of Psychology, Rochester, NY 14627  
TEL 585-275-HOPE (4673)    [URPSC@rochester.edu](mailto:URPSC@rochester.edu)  
<http://www.sas.rochester.edu/psy/urpsc/>

## Our Mission

URPSC is a nonprofit training and research clinic in UR's Clinical Psychology program. We provide caring, evidence-based mental health care for children, teens, adults, and their families. We also train future psychologists to give high-quality, culturally respectful care. Our goal is to improve mental health and well-being and to be a trusted support for our community.

## Who We Serve

- Children, teens, and adults (ages 5 and up).
- People from all backgrounds and identities.
- URPSC **does not** provide emergency, walk-in, or after-hours services.

## Commitment to Inclusion

URPSC welcomes and respects everyone. We provide care that values each person's culture, background, and identity. We do not discriminate based on race, ethnicity, gender, sexual orientation, religion, ability, or income. Our goal is to create a safe and supportive space for all.

## Presenting Concerns We Address

URPSC provides therapy for a variety of concerns, including:

- Anxiety and depression
- Emotional and behavioral challenges
- Stress from life changes
- Grief and loss
- Self-esteem and identity concerns
- Trouble managing strong feelings
- Support for LGBTQ+ and gender identity
- Family and relationship issues
- Trauma-related stress (non-crisis)
- Concerns related to health or illness

## Who Provides Services

Our clinicians are PhD graduate students in Clinical Psychology. They work under the close supervision of licensed clinical psychologists. All care is evidence-based, safe, and personalized to meet your needs.

## Fees & Payment

URPSC **does not** take insurance. We use a **sliding scale** fee based on yearly family income:

<u>Under \$40,000</u>	<u>\$40,000–\$69,999</u>	<u>\$70,000–\$99,999</u>	<u>Over \$100,000</u>
\$5/session	\$20/session	\$40/session	\$60/session

## Clinic Hours

- Monday–Friday:  
9:00 AM – 5:30 PM
- Saturday–Sunday:  
Closed

## How to Get Started

- Call **585-275-HOPE (4673)** or email [URPSC@rochester.edu](mailto:URPSC@rochester.edu) for a short phone consultation.
- If there is a good fit, we will schedule two intake sessions and match you with a graduate clinician.
- We welcome your call and looking forward to helping you reach your goals.