

COUNSELING CENTER

The Counseling Center is staffed by licensed mental health professionals, including psychologists and clinical social workers, who all specialize in working with young adults and have a wealth of experience in college mental health. We understand the unique challenges faced by Pratt students, and we appreciate the demands of negotiating a challenging art and academic curriculum.

The Counseling Center provides currently enrolled Pratt students confidential and free short-term individual and group psychotherapy, assessment, consultation, and referrals to outside providers. Through our partnership with Health Services, students who have been prescribed psychiatric medications can receive interim medication management or referrals to an outside psychiatrist.

We also have a College Recovery Community called Clean Cats. Clean Cats is a community of students with multiple identities who are interested in recovery from alcohol or substance misuse, eating issues, self-harm &/or a behavior they deem addictive. All forms of recovery are supported, and we define recovery as your personal healing journey. Examples include (but are not limited to): moderation, abstinence, spiritual/religious approaches, harm reduction, sober curious, etc. Please reach out to Jernee Montoya, Coordinator of Clinical AOD Services, for more information. You can also follow Clean Cats on Instagram at @PrattCRC (<https://www.instagram.com/prattcrc/>).

The Counseling Center is open from 9 AM to 5 PM Monday through Friday and typically sees students on an appointment basis. In the case of a mental health emergency students should contact the Counseling Center at 718.687.5356 for assistance. Counselors are available to speak with students 24 hours a day, 7 days a week.

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Office

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<https://www.pratt.edu/about/offices/student-affairs/the-counseling-center/>