Counseling Center Staff

Yael Muskat, PsyD
Director

Martin Galla, LCSW
Assistant Director

Rochelle Ausubel, PhD
Senior Psychologist

Efrem Nulman, DSW
Director of Health, Wellness and Substance Use

Sara Asher, PsyD
Psychologist

Joshua Altman, LCSW
Therapist

Brielle Stark-Adler, PhD
Psychologist

Rebecca Amster, PsyD
Psychologist

Risa Koren, MD
Psychiatrist

Hillel Grossman, MD
Psychiatrist

Support Staff

Madeline Castanon
Beren Campus

Judith E. Lopez
Wilf Campus

Yeshiva University
Counseling Center

GUIDE FOR STUDENTS

Yeshiva University Counseling Center Locations

Israel Henry Beren Campus
(Serving Beren and Brookdale Campuses)
205 Lexington Avenue, Suite 401
(Between 32nd and 33rd Streets)
New York, NY 10016
Phone 646.592.4210
Fax 646.592.4178
counseling@yu.edu

Wilf Campus
116 Laurel Hill Terrace, Suite A
(Between 186th and 187th Streets)
New York, NY 10033
Phone 646.592.4200
Fax 646.685.0116
counseling@yu.edu

Hours of Operation
Monday – Thursday 9 a.m. – 5 p.m.
Friday 9 a.m. – 2 p.m.

After-Hours Emergencies
Contact the Safety & Security Office at
Beren 212.340.7460
Brookdale 212.790.0303
Wilf 212.960.5200
The Counseling Center is here to consult with you on a confidential basis, free of charge. Our staff of qualified and caring professionals provides a calm and objective listening ear, and can help you address any issues of concern.

Who We See
Graduate and undergraduate students actively enrolled at Yeshiva University Manhattan campuses (Israel Henry Beren, Brookdale Center and Wilf).

Why Come to Us
Just a few of the reasons students come in are
• Anxiety
• Relationship concerns
• Depression
• Anger management
• Family problems
• Death or illness of a loved one
• Self-esteem issues
• Academic or career crises
• Body image concerns
• Drug or alcohol problems
• Identity issues
• Feeling overwhelmed

Getting Started
Call, email or drop by during hours of operation to make an appointment. If your message is received after hours, the Counseling Center will contact you on the next business day.

Wilf 646.592.4200
Beren 646.592.4210
Brookdale 646.592.4210
counseling@yu.edu

At the Counseling Center
During your first appointment, you will meet with a counselor and collaborate to figure out how the center can best meet your needs. We offer
• Individual sessions
• Group sessions
• Medication consultation with psychiatrists
• Crisis management
• Referrals to off-campus resources

Here When You Need Us
We understand that sometimes problems just can’t wait. If you need help immediately, just call or stop by and we’ll meet with you as soon as possible. For after hours emergencies, contact Security (listed on the back of this brochure). Security officers will reach a member of the Counseling Center.

Confidentiality
Many students are concerned about the privacy of their visits to the Counseling Center. Visits to the center are confidential. The content of sessions is discussed with no one. Counseling Center records do not become part of a student’s University record. With rare exceptions, which your counselor will discuss with you, records can only be released with your written permission.

Can I Have Counseling Even If I’m Not in a Crisis Right Now?
Absolutely! Counseling can be very helpful even if you don’t have anything out of the ordinary going on. If you’re interested in achieving greater insight into your emotions and your relational patterns, and beginning to address any issues resulting from them, the Counseling Center is here for you.

How Do I Know It’s Time to Call?
Everyone experiences ups and downs, but there are times it is difficult to resolve problems independently. Counseling can be very helpful when these moments arise. Some cues that it may be time to contact the counseling center are
• Feelings that are becoming overwhelming or unmanageable
• Intrusive thoughts you can’t shake
• Difficulty sleeping and/or eating
• Feeling that relationships are troubled
• Just not feeling like yourself and worried that things may not resolve on their own
• Feeling the need to disclose upsetting or confusing events
• Feeling the need to voice pent-up thoughts and emotions
• Difficulty focusing on schoolwork

Counselors Around Campus
You’ll see us presenting information on issues that students frequently struggle with, including
• Stress management
• Relationships
• Time management
• Substance use