The counselors at the University Counseling Center would like to help you if you are experiencing stress in your academic, personal, or social life while you are a student, staff, or faculty member at the University of Utah. In counseling, you can talk about your concerns in a confidential setting. Counselors will listen to you and help you find ways to meet your goals of feeling better and succeeding with your life goals.

Call 801-581-6826 to make an appointment. Your first session will be an intake appointment, which will introduce you to our services and walk you through your options. Your first appointment is free and fees for subsequent counseling sessions are minimal. No eligible person will be denied service for financial reasons. At the end of the intake appointment, which usually lasts about 45 minutes, you and your counselor will collaboratively determine how we can best support you. For many students, ongoing individual, couples, or group counseling is helpful. We may encourage you to take advantage of our Learning Enhancement Program, the Testing Center, or the Center for Student Wellness. We may also connect you with other resources on campus or in the community.

Another way to start counseling is to contact the Center for Ethnic Student Affairs (CESA) and ask a program coordinator to make you a referral. (CESA Phone: 801-581-8151, Web: www.utah.edu/cesa)

UCC is a safe place that welcomes you.

How to Contact Us

Please call 801-581-6826 to set up an appointment or obtain further information. You are also welcome to visit our office at:

Student Services Building
Room 426
Monday - Friday
8:00 am - 5:00 pm

More information about our services, our training programs, and other helpful links is available at the UCC website:

www.sa.utah.edu/counsel

Mailing Address:
University Counseling Center
201 South 1460 East Rm. 426
University of Utah
Salt Lake City, UT 84112-9061

Information for African American Students
The UCC offers opportunities for personal development that will lead to enhanced learning and personal wellness. The Center helps individuals resolve existing problems, prevent potential problems, and develop skills that will enrich their lives.

**Individual Counseling:** Using a brief therapy model from a positive psychology perspective, individuals explore, resolve, and reduce personal and interpersonal distress, career development issues, and academic concerns.

**Couples Counseling:** Married, partnered, LGBT, and dating couples can increase intimacy, improve communication, engage in conflict resolution, and improve problem-solving skills.

**Group Counseling:** The UCC offers a wide variety of groups including those focused on anxiety, substance abuse recovery, graduate school, LGBTQ support, and general issues.

**Crisis Intervention:** When students need immediate support, crisis intervention services are available by phone, or on a walk-in basis from 8:00 AM to 5:00 PM Monday through Friday.

**Collaborative Outreach:** UCC staff partner with student groups, campus organizations, and academic departments to provide education and prevention programming.

**Learning Enhancement Program:** Services to improve your academic performance include Strategies for College Success classes, Supplemental Instruction groups, and ASUU Tutoring Center.

**Career Exploration:** The UCC offers a Career and Life Planning course, individual counseling, career and assessment services.