

Accessing Counseling Services

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.

Whether your experience as a student veteran or other stressors are affecting your academic or personal success, the UCC is a place for you to feel heard, supported, and empowered to reach your goals.

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:

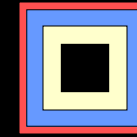
www.sa.utah.edu/counsel



Mailing Address:

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201 South 1460 East Rm. 426
University of Utah
Salt Lake City, UT 84112-9061

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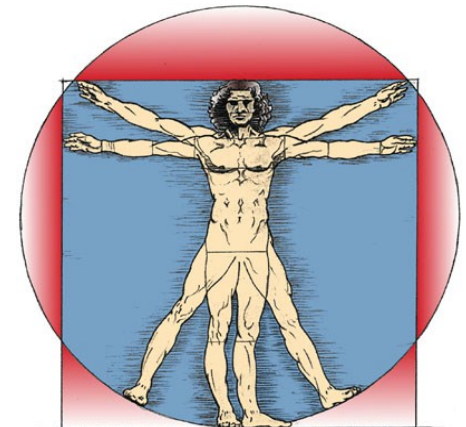


Talking Helps

UNIVERSITY
Counseling
CENTER

(801) 581-6826

www.sa.utah.edu/counsel



**Men's Health
& Wellness**
For Men, By Men

Men's Health & Wellness

Health and wellness is an important yet often neglected topic for men. In fact, as men we are often taught not to worry about our health or wellness until we get sick, experience a breakup, or have a crisis. If this sounds like you, perhaps it's because like most men, you were socialized to disregard your health and wellness. Instead, you might have been taught "**Man Laws**", rules about being a man which might hold you back from reaching your greatest potential. Phrases such as "**Man Up**", "**Be a Man**", and "**Take it like a Man**" remind us that these laws exist.

Men stand to benefit from learning more about health and wellness. College is a particularly good time to do so insofar as it offers challenges and rewards for us to find balance. To help in your process, we invite you to review this pamphlet and see what aspects have relevance to your life.

PHYSICAL HEALTH

As a man, were you socialized to have this type of relationship with your physical body?

*Show toughness & never show pain
Act invincible & resist support
Build muscles & exhibit power*

Although some men endorse these traits, other men find them limiting and exhausting to uphold. These "**Man Laws**" might also cause problems for college men, including:

*Difficulty slowing down
Delays in getting help when injured
A judgmental view of your body*

As men, we can develop a healthy relationship with our bodies by learning to balance strength and determination with taking breaks and not being afraid to ask for help.

Talking Helps

EMOTIONAL HEALTH

Men's emotional health is another area often under-explored by men, as most of us are taught that we are not supposed to be emotional. The reality is, emotions exist and it is healthy not to ignore or deny them. Understanding one's emotional health includes asking

*What am I feeling in this moment?
Can I access what I'm feeling?
Can I express what I'm feeling?*

Some men respond to these questions by stating, "**I don't know what I feel**" or worry about being out of control. An emotion men tend to know quite well is **ANGER**, which can become a default emotion. Men who choose to explore their emotional health learn to recognize feelings behind anger, including **fear, hurt, sadness, loneliness, guilt, & shame**.

HEALTHY RELATIONSHIPS

Developing positive relationships has relevance to health and wellness and can be both difficult and rewarding for men. When men connect with other men, it often feels unfamiliar. We hear men saying

*I have buddies, but no close friends
I have trouble trusting male friends
I feel like I must compete with men*

For many of us, we hesitate being genuine with others because of our experiences of being shut down or minimized by other men. Failing to see the ways in which we cut ourselves off from **AUTHENTIC** relationships with others creates stress and loneliness. Men are also exposed to sexist views about women and homonegative attitudes about gay men which can have a profound impact on the quality of our relationships.

UCC Services

The UCC's mission is to support the emotional, intellectual, cultural, and social development of students and the campus community. We advocate a philosophy of acceptance, compassion, and support for those we serve, as well as for each other.

We aspire to respect cultural, individual, and role differences as we continually work toward creating a safe and affirming climate for individuals of all ages, cultures, ethnicities, genders, gender identities, languages, mental and physical abilities, national origins, races, religions, sexual orientations, sizes, and socioeconomic statuses.

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

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

Group Counseling: The Men's Process Group is a place to talk about being a man, discuss relationships, explore male socialization, strive to improve your health, explore positive development and contribute to the growth of other men.

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.