

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.

Another way to start counseling is to speak with your Athletics Advisor in the Kenneth P. Burbidge, Jr. Family Athletics Academic Center (KBAC) and ask for a referral. (Web: www.sasa.utah.edu)

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**

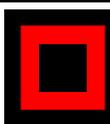
More information about our services, our training programs, and other helpful links is available at the UCC website:

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

*Printing subsidized by
NCAA Choices Grant*



Talking Helps

UNIVERSITY
Counseling
CENTER

(801) 581-6826

www.sa.utah.edu/counsel



*Information for
Student Athletes*

University Counseling Center Mission Statement

Our 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 socio-economic statuses.



Talking Helps

Student athletes come to counseling for a variety of reasons, including depression, general and performance anxiety, relationship difficulties, career concerns, substance use, adjustment to college, homesickness, abuse/trauma, identity issues, eating concerns, body image, academic distress, and grief or loss.

What to expect: At the UCC, we recognize the pressures associated with competing in collegiate athletics. We also recognize the importance of family, community, tradition, and culture. You can expect your counselor to be affirming and accepting of differences of race, cultural background, and other important aspects of who you are. You can also expect your counselor to maintain the highest ethical and legal standards of confidentiality.

Feeling overwhelmed: College can offer many new experiences and opportunities but can also feel overwhelming. Student athletes especially face challenges in terms of balancing the rigors of competing in their sports while still attending to coursework. The UCC can help you explore these concerns, provide support around career and major selection, and find balance in your life.

Stigma and mental health: Sometimes among athletes, there can be considerable stigma surrounding mental health issues. Teammates and others may contribute to the idea that struggling emotionally is somehow a weakness or indicative of a lack of “mental toughness.” As a result, student athletes who are struggling may bottle up and try to hide their concerns. At the UCC, we believe that seeking help when you’re feeling overwhelmed is a strength rather than a weakness. Talking about your concerns may alleviate some of your distress and allow you to better focus on your studies and other commitments.

UCC Services

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, and career assessment services.