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

Information for Student Athletes
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.