

## 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.

*UCC staff consists of women and men representing diverse backgrounds and viewpoints. If you prefer to talk to a counselor who is an LGBTQ Ally or in your native language other than English, please tell the receptionist or your intake counselor. Your request will be honored if possible.*

**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](http://www.sa.utah.edu/counsel)**



Mailing Address:  
University Counseling Center  
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Salt Lake City, UT 84112-9061

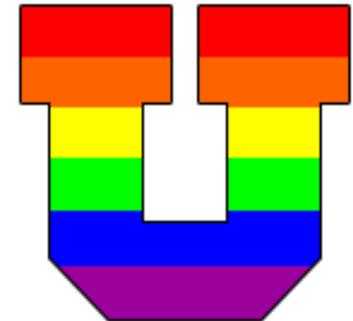
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UNIVERSITY  
*Counseling*  
CENTER

(801) 581-6826

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**LGBTQ  
Services**

## 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 socioeconomic statuses.*



## Talking Helps

**LGBTQ** students, staff, and faculty come to counseling for a variety of reasons from exploring sexuality and gender, to dealing with anxiety, stress, roommates, school, and career concerns. Some of the issues LGBTQ individuals and those questioning their sexuality talk about include:

**Coming Out:** For many LGBTQ students, staff and faculty, coming out is a long process. It involves learning about your own sexuality and deciding who to tell, when, and how.

**Self Esteem:** Undergraduate years encourage students to develop a distinct identity and healthy self-esteem. Homonegativity, heterosexism, and feelings of isolation can make this challenging.

**Religion and Spirituality:** Coming to terms with religious beliefs and sexual orientation can be a journey. UCC counselors can help you find positive ways to negotiate spirituality, religion, and sexuality that meet your individual goals, values, and needs.

**Other Unique Issues:** LGBTQ student, staff and faculty, as well as individuals questioning their sexual identity find support in counseling for many concerns. These may include finding effective ways to deal with the potential lack of family or peer support, identifying strong role models, exploring career options, LGBTQ relationships and parenting, issues specific to LGBTQ individuals of color, dealing effectively with feelings/experiences of invisibility (whether “out” or “in the closet”) and homonegativity (including internalized homonegativity), and negotiating campus/classroom climates and local/national politics impacting the LGBT community.

## 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.

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

**Group Counseling:** LGBTQ Group provides a safe place to connect with others, explore issues related to sexual identity, and gain greater self-understanding. Other groups include those focused on anxiety, substance abuse recovery, graduate school, 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.