

## 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

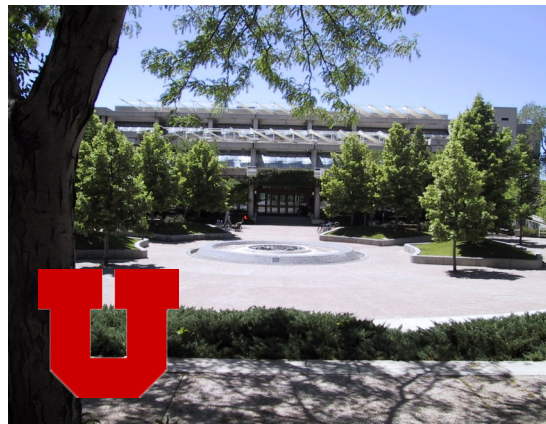
Please call **801-581-6826** to set up an appointment or obtain further information. You are also welcome to visit our office at:

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



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

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UNIVERSITY  
*Counseling*  
CENTER

**(801) 581-6826**

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*Information for  
Student Veterans*

## 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

**What to Expect:** At the UCC we strive to honor your military service. We recognize the hardships you may have had and the ways that your experience is different from other students. Whether you served stateside or in combat, in the reserves, National Guard, or regular military, you can expect your counselor to be affirming and accepting. You can also expect your counselor to maintain the highest ethical and legal standards of confidentiality, listen to your concerns, and be open to discuss any topic, whether about your military service or something else on your mind.

**Transitioning:** Student veterans and their families often face unique challenges, from living with injuries and combat memories to navigating the new GI Bill. In the military, you may have been told exactly what to do, when to do it, and where to do it, but as a student, you may have little direction from professors or university staff. Many student veterans prefer to “blend in” with other students and not let their veteran status be known, often to avoid intrusive questions about the war. Other veterans prefer to acknowledge their unique experiences. Counseling can provide a safe and confidential place for student veterans to explore their thoughts and feelings about their military service, while also getting the help and support they may need in transitioning from military to civilian life.

**Resources:** Several online resources for services and support to veterans include:

- (1) University of Utah Veteran Services  
[www.sa.utah.edu/regist/veterans](http://www.sa.utah.edu/regist/veterans)
- (2) Utah Student Veterans Center  
[www.utahstudentveterans.org](http://www.utahstudentveterans.org)
- (3) Military OneSource  
[www.militaryonesource.com](http://www.militaryonesource.com)
- (4) Transition Assistance Program  
[www.transitionassistanceprogram.com](http://www.transitionassistanceprogram.com)

## 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.