How Sweet it is
Perk of the Month
January 2011
Brought to you by your Staff Council

University Counseling Center (UCC)

Have you ever had a really down day and found that you felt better after talking to someone about it? Talking to friends and family can give you important support. At times, it also can be helpful to talk to a counselor or mental health professional.

The counselors at the University Counseling Center (UCC) would like to support you if you are experiencing stress in your academic, personal, work, 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 life goals.

At UCC, they strive to honor your heritage and identity. They recognize the importance of family, community, tradition, and culture. They pride themselves in the diverse staff personnel that they put great effort into to reflect the University of Utah population.

Not only is their staff made up of a diverse background, UCC has a very multidisciplinary staff which includes Social workers, Psychiatrists, Psychologists, Licensed Professionals and trainees.

UCC Services

UCC offers opportunities for personal development that will lead to enhanced learning and contribution to the University. The Center helps students, staff, and faculty resolve existing problems, prevent potential problems, and develop new skills that will enrich their lives. Services address personal, career, and academic learning issues. Formats include individual and group counseling, classes, and workshops. Consultation and outreach services are also available to University organizations and departments.

The individual therapy sessions can range anywhere from (and are definitely not limited to) general stress and family difficulties, financial stress, anxiety, depression & relationship difficulties. Relationship difficulties can be in the formulating, developing, or maintaining process and they are highly capable of counseling in these areas.

Some of the group therapy sessions include graduate student groups, LGBTQ groups, substance abuse groups, and anxiety management groups.

Outreach opportunities including classes and workshops are available. Some of these examples would include the therapy session areas listed above as well as social justice, anti-discrimination and depression screenings.

It is important to know that their services are brief in nature and are not meant to be a long term service. An average counseling session could roughly be 12 or so individual sessions—lasting about a semester and a half.

Their fees are affordable. Please contact them for any costs associated with their services.

U and U Students

We hope that you take the opportunity to evaluate yourselves with this new year upon us and truly visit the areas of your life that might not be entirely jiving with your life goals. If there is something there and/or something missing, please use UCC to help.

UCC is centrally located on campus—just in the Student Services Building and has their doors open from 8-5 waiting for you or your students. You can either call to consult about their services or simply walk in.

We also hope that you be aware of what UCC has to offer so you may refer students you work with when you feel as though they might be needing a little more guidance, if they may show signs of depression, suicide or may have mental health concerns.

Remember, the University Counseling Center is there for U and U students.

Please visit their website at www.sa.utah.edu/counsel for more specifics on the services they provide and any other information needed.

Location: 426 Student Services Building (426 SSB)
Telephone: 581-6826
Hours: Mon-Fri, 8am-5pm
After hrs emergencies: 581-2291
U Medical Center

Visit Staff Council at www.staffcouncil.utah.edu