What is counseling?

• Counseling is a confidential discussion between you and a counselor or psychologist about personal, social, or emotional issues that cause distress or impair your functioning.

• Counseling helps you identify and change behaviors or ways of thinking that have not worked well for you.

• Counseling helps you develop decision making and coping skills needed to meet the challenges of living and learning.

Is my counseling confidential?

Yes, information you share in counseling sessions will be treated by the Counseling Center staff with strict confidentiality and is protected by state and federal laws. Information will not be disclosed to anyone outside the Center without your written permission except in rare instances when, in the judgment of your counselor, such disclosure is necessary to protect you or someone else from imminent danger.

If you wish to have appropriate information about your counseling shared with University faculty and staff, other treatment professionals, or concerned others, please ask your counselor about signing a Consent to Release Information form.

Counseling Center
Personal Counseling for UNI Students

103 Student Health Center

(319) 273-2676

8:00 a.m. to 5:00 p.m.
Monday through Friday
(Summer Hours: 7:30 a.m. to 4:30 p.m.)

www.uni.edu/counseling

Counseling Center
University Health Services
Division of Student Affairs
University of Northern Iowa

UNIVERSITY OF NORTHERN IOWA
Who is eligible for counseling?

UNI students who have paid the Mandatory Health Fee are eligible for services.

Faculty and staff members may receive free, confidential counseling through the Employee Assistance Program by calling 1-800-327-4692.

How do I arrange to see a counselor?

1. Call the Counseling Center at 273-2676 to schedule an Initial Assessment appointment with a counselor.

2. At the time of your Initial Assessment appointment, you will complete intake forms and meet with a counselor.

3. In the Initial Assessment appointment, you and the counselor will explore your concerns, clarify your goals, and plan your counseling services.

There is no charge for counseling services, but there is a $25 “no show” charge if you do not attend, cancel or reschedule your appointment in a timely manner.

Counseling Center Staff:

Counseling Center staff members specialize in providing counseling and psychological services to UNI college students. Staff members include Psychologists, Mental Health Counselors, and graduate students in formal training programs in Mental Health Counseling, Psychology, and Social Work.

Available Services

INDIVIDUAL COUNSELING: Meet with a counselor for regularly scheduled individual sessions, usually once a week or once every two weeks.

GROUP COUNSELING: Meet with other students and a counselor to discuss problems and concerns.

COUPLE COUNSELING: Only one member of the couple needs to be an eligible UNI student. Each member of the couple must first complete the Initial Assessment process.

CONSULTATION: Faculty, staff, and others concerned about a student may call the Counseling Center at 273-2676 and consult with a counselor about available services.

CRISIS COUNSELING: Counseling services are available to UNI students 24 hours a day/365 days a year.

During regular office hours, call the Counseling Center at 273-2676 to arrange an emergency appointment. After regular office hours, call the Counseling Center at 273-2676 and press 2 to speak to a counselor.

Certified suicide prevention hotlines are also available:
- Foundation 2 (1-800-332-4224)
- National Suicide Prevention Lifeline (1-800-273-8255)
- Veterans Crisis Line (1-800-273-8255 and Press 1)

For life threatening mental health emergencies, call 911 or go to the nearest hospital emergency department.

COUNSELING CENTER WORKSHOPS: Small group seminars focus on various life skills related to your emotional health (e.g., assertiveness, stress, relationships). Visit the Counseling Center website for a list of scheduled workshops or to request a workshop for your organization.

MEDICATION: A Psychiatrist and a Psychiatric Nurse Practitioner in the Student Health Clinic may prescribe medication for you when appropriate. Your counselor can assist you with a referral for a medication consultation. Prescriptions can be filled at the Student Health Clinic Pharmacy.

REFERRAL TO A COMMUNITY AGENCY: We provide referral information regarding appropriate community resources for students whose needs are beyond the scope of our services.

Self-Help Information

VISIT OUR WEBSITE FOR:
- Information about our services
- Links to helpful web resources
- Anonymous on-line mental health screening

WWW.UNI.EDU/COUNSELING