

Student Success  
Center  
Second Floor,  
Room 204D  
  
(870) 460-1554



# UAM Student Counseling Center

Like everyone, college students face difficult life transitions and circumstances, experience painful emotions, and need assistance in developing clear and meaningful goals. College counselors are professionally trained to help students cope with a wide variety of adjustment and mental health issues to improve overall wellness for pursuit of academic success. A counseling relationship allows students to confidentially discuss their personal thoughts and feelings. Collaboration and desire for change is essential for successful counseling.

A counselor is available for you to talk with about any issue causing you concern or distress. Some common concerns include (but are not limited to): recent loss, anxiety, depression, loneliness, eating disorders, alcohol and other drugs, rape and/or abuse, self-assertiveness, relationship issues, communication skills, anger management, self-esteem, and stress. Referrals are also available.

## Length of Counseling

Depending on the nature of the concern, counseling may be one session, short-term, long-term, or mandated. Sessions typically last 30-50 minutes.

The Counseling Center is available for "walk-ins", and crisis interventions are provided. However, scheduling an appointment for non-emergent counseling services ensures ample time for therapy and wait time is less likely to occur. Hours of operation are 8:00 AM - 4:30 PM on weekdays, unless otherwise posted.

- **Individual Counseling:** Confidential individual counseling is available for a variety of personal issues including emotional problems, adjustment to college life, and interpersonal relationships.
- **Workshops and Outreach Programming:** UAM Counseling center offers programming related to a wide variety of personal growth and mental health issues. Please check the newsletter for upcoming events.

## SERVICES ARE NO COST FOR STUDENTS

For more information or to schedule an appointment, call the UAM Counseling Center at 460-1554. We are located in the Student Success Center, Room 204D.

## *Mission Statement*

*The primary mission of UAM's Counseling Services is to promote student wellness for successful pursuit of educational and life goals, to enhance mental health and quality of life, and to improve wellbeing by providing professional and confidential mental health services. To accomplish its mission, the Counseling Services have a well-developed set of goals, consistent with the mission of the university and its core values, which include student empowerment, connecting students with resources, and supporting the UAM college community.*

For emergencies, please contact University Police at  
(870) 460-1000.