

# UNI Psychiatric & Counseling Services

Services that are no cost, low barrier for all students



## TELUS

- 24/7 real-time chat and text phone support
  - Support available in 5 languages - English, Spanish, French, Mandarin and Cantonese
  - Community peer support via chat
  - Online health assessments for depression, anxiety, alcohol use and drug use
- Scan the QR code to download the app

## Let's Talk (facilitated by trained graduate students)

- Confidential space for support that is an informal and quick option for problem solving
  - Opportunity to connect students to resources tailored to immediate needs
  - Focused on advice and coping strategies
  - First come, first serve
- Located on the 1st floor of the Student Health Center



## Mental Health Case Coordinator

- Confidential space for support
- Working one on one with a professional staff member to address an urgent mental health issue
- An opportunity for connection to other resources tailored to the students need at that moment
- Scheduled One-At-A-Time (OAAT)

## Individual Therapy (with a supervised Intern or Practicum graduate student)

- Scheduled One-At-A-Time (OAAT)
- Diagnostic evaluations
- Continued psychotherapy
- Walk-in available

## Group Therapy

- Groups areas of focus are typically determined at the start of each semester, based on expressed student need
- Previous groups have included grief, trauma responsive yoga and mindfulness
- Unlimited participation and may be offered around campus in various settings

## Trainings, Workshops & Programs

- Focused on supporting mental health awareness and suicide prevention
- Question, Persuade, Refer (QPR), A.S.K. & V.A.R., Thriving Minds
- More information for these programs can be found at [wellbeing.uni.edu/counseling-center/resources/trainings-workshops-programs](http://wellbeing.uni.edu/counseling-center/resources/trainings-workshops-programs)

Sign up for support groups



## Services that may incur a cost to students

### Counseling Sessions

Students can start the counseling process with staff (this may be full-time professional staff or graduate student staff). After two visits, if a student continues services with a licensed professional counselor their sessions will be billed to insurance for the remainder of the academic year.

### Psychiatric Services

Psychiatric services offered in the Counseling Center do have costs associated. Students can have the following services billed to their insurance:

- Psychiatric evaluation
- Ongoing psychiatric care
- Brief, supportive psychotherapy
- Medication management
- Alpha-Stim



Visit the [UNI](http://UNI) Psychiatric and Counseling Services website to learn more!