

SCS-COVID-19 UPDATES

Student Counseling Services strongly encourages all students to take steps to protect themselves. If you are experiencing feelings of anxiety or stress related to the coronavirus, know that there are resources and services to help you manage your concerns. Visit [CDC-COVID19](#) for more information. Be sure to visit [UNA- COVID-19](#) for updated information about the University's response to the coronavirus.

Please be aware of the following:

- **Student Counseling Services is open during normal business hours** for students who are presenting with emergent needs. We ask that students call 256-765-5215 for a phone assessment and screening prior to coming in.
- For ongoing counseling or non-emergent needs our Counselors are available for phone consultations.
- If this is an **Emergency** after hours, call University Police by dialing 911 or go to the nearest emergency room for assistance.
- Take care of yourself!!! For virtual coping strategies and inspirations follow us on Instagram [@una_scs](#) and Twitter [@unastudentcoun1](#)