

What types of problems can counselors help students with?

Counselors can help with a wide variety of issues that students encounter. Issues may include:

- Significant behavioral or mood changes (Depression)
- Anxiety/Stress Management
- Adjustment to campus life
- Alcohol and other drug issues
- Relationship problems
- Eating concerns and body image
- Self-esteem
- Grief and loss
- Anger management
- Gender identity issues
- Sexual concerns
- Spirituality issues
- Suicide prevention

Look for our quick link button on
the UNA Homepage!



Counselors Around the Campus

Counselors are available to organize and facilitate support and/or psycho educational groups on campus for a variety of purposes, such as grief and loss, image, and adult children of alcoholics/addicts. Additionally, counselors can make presentations on any number of topics in the classroom, in residence halls, and to campus groups. Contact Lynne Martin to make arrangements or discuss your suggestions.

Time and time again students have reported to university counselors that their time in counseling has been beneficial because it is the one place where they can be completely open and honest in the company of a caring counselor whose sole interest is the student's well-being and growth.

*So, what's holding you back?
Call 765-4328 for an appointment!*

University of North Alabama Student Counseling Service

501 Circular Road
(Bennett Infirmary)
Florence, AL 35632

<http://www.una.edu/counseling/>



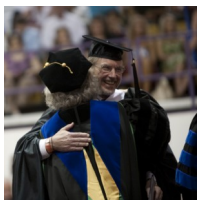
STUDENT COUNSELING SERVICES

PROMOTING TOTAL LION HEALTH

Tel: 256-765-4328 (for appointments)

How it works

UNA's Student Counseling Services office is directed by F. Lynne Martin, a licensed professional counselor (LPC), drawing from many years of experience in community mental health, alcohol & other drug treatment, and college counseling. Counseling is provided by Lynne and a staff of Licensed



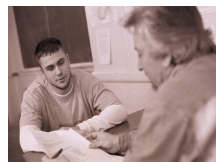
professionals. Students-in-training from UNA's Masters program in Counselor Education also serve and are under direct supervision of the LPC.

Paid For and Confidential!!

Fees for Counseling services are covered in your payment of the Student Health Fee. The university is committed to student success and growth during your college years. At times some students will need help beyond what their friends, families, and advisors can provide ...

Counselors are available to help!

Confidentiality is the cornerstone of the counseling process. You are entering into a one-on-one relationship with a counselor, and it is important for you to know that with very few exceptions what you discuss in a session goes no further. Legal exceptions revolve around situations of self-harm, harm to others, abuse, or court orders. Unless specifically requested by you, a counselor cannot even acknowledge to a parent or staff member that you are participating in counseling.



A Counseling Session

You will arrive 30 minutes prior to your initial counseling session to complete paperwork helpful and important to the counselor. Your first session is an opportunity for you to get to know your counselor and establish a relationship, and for the counselor to complete a psychosocial assessment. It is important for you to arrive for your session on-time and to notify the clinic if you are unable to make your appointment. Sessions are generally 45 minutes in duration.

What is Counseling?

In subsequent sessions you will have the opportunity to explore issues that are important to you. You participate in the content and direction of counseling, goal-setting, and the length of time you remain engaged in the counseling process. Counseling is described as brief & solution-focused, meaning that it will not go on forever, and sessions will be focused on your strengths to help you find solutions. Counselors will partner with UNA health care and other providers when there are concerns that health issues may be impacting your mental health or other areas of your life.

Need More Information?

ON THE WEB:

<http://www.una.edu/counseling/>

UNA HEALTH & WELLNESS CENTER :

@ BENNETT INFIRMARY

501 CIRCULAR ROAD

TELEPHONE: (256) 765-4328

FAX: (256) 765-4815