

What to Expect from Counseling

The University of Alabama Counseling Center's mission is to help UA students achieve academic success and personal growth through quality brief counseling and psychological services, outreach and consultative services, and training of mental health professionals.

Common Concerns Addressed at the Counseling Center:

- Adjustment and Transitions to College
- Academic Stress
- Test Anxiety
- Stress Management
- Depression
- Time Management
- Roommate Conflict
- Assertiveness
- Anxiety
- Body Image
- Grief and Loss
- Relationship concerns
- Identity development

Our goal at the Counseling Center is to assist students in developing healthy ways of coping with and managing stressors. We encourage students to seek counseling at the first sign of distress in hopes of preventing this distress from escalating.

Services Available at the Counseling Center

- Individual counseling
- Group counseling
- Couples counseling
- Crisis intervention
- Consultation
- Outreach services
- Referral assistance

First appointments

- Your first visit is a screening appointment
- Screenings can be scheduled by calling or speaking with our front office
- First visits are free
- At your screening you will first be asked to complete computer paperwork.
- After paperwork is completed you will meet with a therapist for about 20 minutes
- The purpose of a first visit is to evaluate concerns and refer you to the most appropriate resource
- If your needs are beyond the Counseling Center's scope of services we will assist you with a referral
- If your needs are within our scope of care you will be assigned to a therapist

Individual Counseling Services

- Once assigned to a counselor you will work together to develop goals and strategies to address your concerns
- It is important for students to be engaged and involved in identifying goals and to speak up about what their needs are from session to session.
- These sessions are time for you to process stressors and develop strategies for coping with these stressors with the guidance of a professional in a confidential setting.
- Individual sessions last about 45-50 minutes
- Individual sessions are 15 dollars per session and are charged to your student bill
- The Counseling Center does not bill your insurance
- Individual sessions are 25 dollars during the summer if you are not enrolled for a summer term
- Up to 15 session are available per academic year
- The actual number of sessions a student will attend varies based on the recommendation of their therapist and student needs.
- Therapists at the Counseling Center do not prescribe medication, but can assist with a referral for a medication evaluation if they believe this could be beneficial.

Confidentiality and Records

- A summary is keep in a secure electronic record
- This record is available only to Counseling Center staff directly involved in your care.
- This record and any information in it cannot be released without your written permission except in following specific circumstances:
 - When your own life may be in danger
 - When someone else's life may be in danger
 - When there is suspected child abuse or elder abuse
 - Upon a court order
- Outside of the above circumstances, everything said in counseling remains confidential

Location

- The Counseling Center is located in the South Lawn Office Building which is next door to the law school and in front of East Edge Apartments.
- We have convenient parking located directly outside of the building
- The East Edge bus has a bus stop located right outside of the building and picks up at the main bus hub.