



UNIVERSITY LIFE is full of new opportunities and expectations, people and experiences, academic demands and freedom. Although it is often an exhilarating time, it can be stressful and confusing as well. These new challenges are sometimes accompanied by feelings of sadness, anxiety, irritability or dissatisfaction. When these feelings linger, become overwhelming or begin to interfere with a person's ability to function, counseling can be a good option. The Wake Forest University Counseling Center is here to help students understand these feelings. Together we can find improved ways of coping with and growing from these experiences.

RELATED CAMPUS RESOURCES

Learning Assistance Center and Disability Services
336.758.5929 | Academic counseling, coaching, disability accommodations

Office of the Chaplain and Campus Ministers
336.758.5210 | Pastoral counseling and support, spiritual mentoring

Student Health Service
336.758.5218 | Medical services and health promotion

Intercultural Center
336.758.5864 | Support for students from underrepresented groups

Safe Office
336.758.5285 | Crisis response and consultation for those who have experienced stalking, sexual assault or intimate partner violence

Campus Assessment Response and Evaluation (CARE) Team
336.758.2645 | Consultation for disruptive, concerning or threatening behaviors

LGBTQ Center
336.758.4665 | Resources, services, education and leadership programs related to gender identity and sexual orientation

Women's Center
336.758.4053 | The Women's Center connects women on campus to each other as well as programs and services available to women at Wake Forest

Employee Assistance Program (EAP)
336.716.5493 | Free counseling and referral for faculty/staff and their families



WAKE FOREST
UNIVERSITY

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counselingcenter.wfu.edu

University Counseling Center



WAKE FOREST
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WHAT IS COUNSELING?

Counseling is a process whereby those struggling with some aspect of life enter into a therapeutic relationship with a trained mental health professional in order to gain insight and make changes in life.

This process may involve exploring thoughts, perceptions, reactions, behaviors and emotions in order to better understand oneself. Counseling can assist in reducing feelings of stress. It can improve the ability to engage in healthy decision-making, and enhance relationships with others.

**YOUR VISIONS WILL BECOME CLEAR ONLY
WHEN YOU CAN LOOK INTO YOUR OWN
HEART. ONE WHO LOOKS OUTSIDE, DREAMS.
ONE WHO LOOKS INSIDE, AWAKENS.**

–C.G. Jung

CONFIDENTIALITY

The University Counseling Center places a high priority on privacy and confidentiality. All communications between a client and a counselor, including the decision to seek counseling, are confidential to the full extent provided by law and are not released outside the Counseling Center without a voluntarily signed consent.

ELIGIBILITY

Counseling services are available free of charge to all currently enrolled full-time Reynolda Campus undergraduate, graduate and professional school students. Limited services are available to part-time students.

CONTACT US

The University Counseling Center is staffed by licensed mental health providers who adhere to the ethical standards of their fields. Appointments can be made by phone (336.758.5273), or in person (117 Reynolda Hall: Hearn Plaza level, **center entrance**). Office hours are 8:30 am to 5 pm Monday through Friday. Visit our website, counselingcenter.wfu.edu, for more information and self-help resources.



SERVICES

Individual and couples counseling is available on a short-term basis for concerns including:

- Adjustment to university life
- Stress management
- Interpersonal relationships
- Body image and disordered eating
- Sexual orientation and/or identity concerns
- Brief alcohol and other drug assessment and follow-up
- Concerns about a friend
- Anxiety
- Depression
- Self-esteem
- Grief and loss
- Sexual assault
- Family concerns



**MY FRIEND ... CARE FOR YOUR PSYCHE ... KNOW
THYSELF, FOR ONCE WE KNOW OURSELVES, WE
MAY LEARN HOW TO CARE FOR OURSELVES.**

–Socrates

Group counseling is an effective intervention for many types of problems. It provides an opportunity to hear others' perspectives and experiences within a safe and supportive environment. Groups at the University Counseling Center address general and specific concerns including (but not limited to):

- Stress reduction and mindfulness practice
- Interpersonal difficulties
- Depression and anxiety
- Sexual identity and/or orientation concerns
- Grief, loss
- Body image and disordered eating
- Adult Children of Alcoholics (ACOA)
- Cultural identity/concerns

Outreach is available to student organizations, residence halls, faculty and staff for presentations, workshops and seminars. **Consultation** for concerns about others is available by contacting the University Counseling Center by phone or in person. **Referral** information for off-campus providers is also available upon request.



EMERGENCIES

During the academic year, after-hours and weekend crisis assistance from the University Counseling Center senior staff is available by calling the Student Health Service (336.758.5218). Life-threatening emergency assistance may be obtained by calling 911 or going to the emergency departments at either Wake Forest Baptist Medical Center or Novant Health Forsyth Medical Center. Faculty, staff and students who are concerned about another person's disruptive or troubling behavior are encouraged to consult with University Counseling Center staff or a member of the WFU CARE Team (careteam.wfu.edu).

OUR COMMITMENT TO DIVERSITY

The Wake Forest University Counseling Center is committed to creating a safe, welcoming and affirming environment for all. This includes students who access our services as well as all individuals who are part of our University community. We recognize that each individual is unique while at the same time living within larger diverse communities.

We view diversity as encompassing intersecting identities, including ethnic/racial identity, nationality, sex, gender identity, sexual orientation, religion/spirituality, socio-economic status, age, body shape/size, ability and point of view. We strive to make the University Counseling Center a safe place where individuals can strengthen their self-acceptance, confidence and comfort with their own individual identities.