



## Other Campus Resources

Student Health Services  
211 Hagestad Hall  
715-425-3293  
[www.uwrf.edu/studenthealth](http://www.uwrf.edu/studenthealth)

Career Services  
211 Hagestad Hall  
715-425-3572  
[www.uwrf.edu/ccs](http://www.uwrf.edu/ccs)

Academic Success Center  
102 Davee Library  
715-425-3531  
[www.uwrf.edu/academic-success](http://www.uwrf.edu/academic-success)

Student Affairs  
University Center  
715-425-4444  
[www.uwrf.edu/sa](http://www.uwrf.edu/sa)

## Student Affairs

Counseling Services  
211 Hagestad Hall  
410 South Third Street  
River Falls, WI 54022  
[www.uwrf.edu/counseling](http://www.uwrf.edu/counseling)  
(715) 425-3884  
FAX: (715) 425-3573



## Counseling Services



[www.uwrf.edu/counseling](http://www.uwrf.edu/counseling)

UNIVERSITY OF WISCONSIN **River Falls**

## Confidential, Professional and Accessible

Counseling Services and referrals to outside counselors are provided for students, faculty and staff.

Our counselors assist students in successfully navigating their University experience.

### Common Issues:

- Stress
- Anxiety
- Depression
- Relationships
- Alcohol/Drugs
- Family Concerns
- Sexual Assault
- Major/Career
- Self-Esteem
- Body Image
- Grades
- Grief



**OUR MISSION** is to provide professional mental health counseling and consultation services for our campus community that:

- Incorporates a brief-therapeutic model to address the emotional and behavioral needs of our students,
- Creates developmental programming to increase healthy lifestyle and coping behaviors across campus
- Provides leadership and advocacy for university mental health policy and initiatives.

## Counseling Services

Professional counselors are available to help students work through a wide variety of issues that they might be facing during their college experience.

### Services include:

- Confidential personal counseling
- Life skills training
- Workshops and presentations to classes and groups
- Consultation with faculty and staff
- Employee Assistance Program
- Up-to-date Resource Center
- Referral for medication evaluation and management with psychiatrist or family practice physician

## Confidentiality

All counseling records are kept strictly confidential and are not part of University records. Information is shared only with a person's written permission. Exceptions to confidentiality are rare and include when a person poses a threat to his/her own safety or the safety of someone else or when it is ordered by the court.

## Hours and Appointments

Counseling Services is open Monday-Friday from 8:00am-4:30pm.

Appointments can be made by calling 715-425-3884 or by visiting 211 Hagestad Hall. In case of emergency contact University Police at 715-425-3133 or 911.

## Counseling Services Staff

Counseling Services staff have earned masters degrees in various mental health fields and are licensed by the State of Wisconsin to practice under one or more of the following titles: Professional Counselor, Social Worker, Psychologist or Marriage and Family Therapist. We have counselors who are additionally certified to provide alcohol and other drug assessments.

## Alcohol Assessments

Alcohol and other drug assessments are available for currently enrolled UWRF students through UWRF Counseling Services. A fee is charged if the assessment is requested as part of court or other sanctions. Call ahead for an appointment (715) 425-3884.

## Eligibility and Cost

Confidential counseling services are available free of charge to all currently enrolled students. Faculty and Staff are eligible for screening and referral through the Employee Assistance Program (EAP). A fee is charged for required alcohol and other drug assessments.

