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
• Workshops and presentations to classes and groups
• Consultation with faculty and staff
• Referral for medication evaluation and management with psychiatrist or family practice physician

The First Visit
When contacting Counseling Services for the first time, students can generally be seen the same day or within a day of making their appointment. Students coming in for their first visit will be seen for a brief (30 - 45 minute) intake appointment with a counselor who will:
• Provide information about what to expect from the counseling process
• Discuss the student's presenting issues and concerns
• Develop a plan for treatment including referral to a counselor either on or off campus who best meets the student's needs

Group Counseling
Counseling groups give students the opportunity to share experiences, learn new perspectives, and experiment with new behaviors in a safe and supportive environment. Counseling Services offers a number of group therapy options to meet students' needs.

Eligibility and Cost
Confidential, time-limited counseling services are available free of charge to all currently enrolled students. A fee is charged for required alcohol and other drug assessments.

Other Campus Resources
Student Health Services
211 Hagestad Hall
715-425-3293
www.uwrf.edu/StudentHealthAndCounseling

Career Services
211 Hagestad Hall
715-425-3572
www.uwrf.edu/CareerServices

Academic Success Center
102 Davee Library
715-425-3531
www.uwrf.edu/AcademicSuccess

Student Affairs
University Center
715-425-4444
www.uwrf.edu/StudentAffairs

Get Involved with Health and Mental Health Related issues: Join the Student Health Advisory Committee (SHAC) contact 715-425-3293 for more information.

Counseling Services
211 Hagestad Hall
715-425-3884
FAX: 715-425-3573
updated May 2015
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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 8:00 a.m.-4:30 p.m. 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.

Our Counselors
Counseling Services staff have earned advanced professional degrees in various mental health fields and are licensed by the State of Wisconsin. 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.

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