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 to understand these feelings. Together we can find improved ways of coping with and growing from these experiences.
WHAT IS COUNSELING?
Counseling is a process whereby those struggling with some aspect of life enter into a relationship with a trained mental health professional in order to gain insight and make changes in their 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.

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. Limited services are available to part-time students. A modest fee may apply to group testing services.

CONTACT US
The University Counseling Center is staffed by licensed mental health providers who subscribe to the ethical standards of the American Psychological Association and the American Counseling Association. Appointments can be made by phone (336.758.5273), or in person (118 Reynolda Hall: Hearn Plaza level, far left entrance). Office hours are 8:30 am to 5 pm Monday through Friday. Further information can also be obtained on our website: counselingcenter.wfu.edu.

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

SERVICES
Individual and couples counseling is available on a short-term basis for concerns including:
- Adjustment to University life
- Stress management
- Interpersonal relationships
- Anxiety
- Depression
- Concerns about a friend
- Self-esteem
- Grief and loss
- Sexual assault
- Eating disorders
- Substance abuse
- Family concerns
- Sexual orientation and/or identity concerns

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):
- Relationship difficulties
- Depression and anxiety
- Rape or sexual assault or other trauma
- Sexual identity and/or orientation concerns
- Family concerns, parent separation/divorce
- Grief, loss
- Eating disorders
- 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.

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

CRISIS
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). Emergency assistance may be obtained by calling 911 or going to either the Wake Forest Baptist Medical Center or Forsyth Medical Center Emergency Department. 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.