UNIVERSITY LIFE is full of new opportunities and expectations, people and experiences, academic demands and freedom. While 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, seeking 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.
The University Counseling Center provides short-term counseling and consultation for individuals and couples. Many students seek counseling for concerns such as:

- 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
- Vocational/Career counseling

**WHAT IS COUNSELING?**

Counseling is a process whereby someone who is struggling with some aspect of life enters into a relationship with a trained mental health professional in order to gain insight and make changes in his or her life.

This process may involve exploring thoughts, perceptions, reactions, behaviors and emotions in order to recognize and understand oneself better.

The counseling experience can assist in reducing feelings of stress, improving one's ability to make healthy decisions, engaging in healthy behaviors and enhancing one's relationships with others.

**GROUP COUNSELING**

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 Alcholics (ACOA)

**WHEN ONE IS A STRANGER TO ONESELF THEN ONE IS ESTRANGED FROM OTHERS TOO**

-Ann Morrow Lindbergh

**THE QUESTIONS WHICH ONE ASKS ONESELF BEGIN, AT LAST, TO ILLUMINATE THE WORLD, AND BECOME ONE'S KEY TO THE EXPERIENCE OF OTHERS**

-James Baldwin

**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. A modest fee may apply to persons from the broader community as well as for group testing.

**OUTREACH AND CONSULTATION**

Counseling Center staff members are available to student organizations, residence halls, faculty and staff for presentations, seminars, workshops and consultation.

**ACADEMIC ADJUSTMENT**

The Learning Assistance Center (117 Reynolda Hall) offers a variety of services, including academic counseling and peer tutoring. Academic counseling focuses on personalized strategies to help students succeed at the college level. Support services and assistance are also available to students with documented disabilities who request academic accommodations.

**CONTACT US**

The Counseling Center is staffed by licensed psychologists and licensed counselors who subscribe to the ethical standards of the American Psychological Association and the American Counseling Association. To make an appointment or for more information, call 758.5273, or come by our offices at 118 Reynolda Hall (Hearn Plaza level, far left entrance). Office hours are 8:30 a.m. to 5 p.m. Monday through Friday.

**CRISIS**

During the academic year when undergraduate classes are in session, after-hours and weekend crisis assistance from University Counseling Center staff is available by calling Student Health Service (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 a person's disruptive or troubling behavior are encouraged to consult with Counseling Center staff or a member of the CARE Team.