

Helping you help your residents.

Visit our website for more information and free anonymous on-line screenings.

www.unco.edu/counseling/



"The UNC Counseling Center is Accredited by the International Association of Counseling Services, Inc."

UNIVERSITY of
NORTHERN COLORADO



COLODADO'S BEST
UNIVERSITY EXPERIENCE

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Phone: 970-351-2496
Fax: 970-351-1485
www.unco.edu/counseling/

For RA's

UNIVERSITY of
NORTHERN COLORADO



COLODADO'S BEST
UNIVERSITY EXPERIENCE

You deserve more help than I can give.

When you are thinking about referring to the Counseling Center.



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Whom to Refer

- Residents who have experienced a traumatic event.
- Residents who need to talk to you in the middle of the night.
- Residents who can't seem to get along with anyone.
- Residents who are stressed out and overwhelmed.
- Residents who seem to move from crisis to crisis.



How to Refer

Tell the student you want them to be able to get everything positive that they can out of their college experience. Explain to them that they deserve to get expert help. Encourage them to call the Counseling Center.

If appropriate, have them make the call while they are visiting with you. In an emergency you can walk a student over to our center. We will always make time for a student in distress.

In an after hours emergency call 351-2245, UNC Police. They will be able to provide you with the fastest, most informed, help.

Useful Facts About Your College Counseling Center!

- RAs can always consult a staff member for **free**.
- All services are **confidential** (some legal limitations exist, and will be explained clearly before the counseling begins).
- The initial counseling session is **free**.
- ALL follow-up sessions are only \$15.00.
- Couples can come in for counseling even if one of them is not a student.
- Stressed-out RA's can come for services too.
- All services are provided under the supervision of licensed professionals.