

# COUNSELING SERVICES

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UAS Counseling Services provide a safe environment where students can get support for stress, share their thoughts and feelings, explore concerns, gain new awareness and find positive new ways of looking at a situation. Counselors are based in Juneau, but can serve all UAS students regardless of location. A professional clinical counselor can also provide screening for mental illness, along with follow up support.

Mental health crisis intervention is available for students Monday through Friday from 8 a.m. to 5 p.m. For crisis after hours and on weekends services are available by calling 911 or your local hospital or clinic. There is also a 24 hour crisis/suicide prevention number, 1-877-266-4357. For students in UAS Housing, an emergency CA on-call number is 907-209-6535.

Any students who are enrolled in credit courses for the current semester are eligible. Students may have up to twelve counseling sessions per year. If specialized or additional sessions are needed, community referrals will be provided.

For further information please visit the Counseling website at [uas.alaska.edu/counseling](https://uas.alaska.edu/counseling) (<https://uas.alaska.edu/counseling>) or call (907) 796-6000. Call this same number to schedule a confidential appointment.