COUNSELING SERVICES

UAS Counseling Services provides a safe environment where students can get support for stress, share their thoughts and feelings, explore concerns, gain new awareness, and find new ways of looking at a situation. The Counseling Office is based in Juneau but can serve all UAS students within the state of Alaska through tele-counseling (phone or video-platform-based counseling). Mental health crisis intervention is available for students Monday through Friday from 8 a.m. to 5 p.m. Crisis after-hours and weekend services are available by calling 911 or a local hospital or clinic. The National Suicide and Crisis Lifeline is 988 or 1-877-266-4357. For students living in UAS Housing, the emergency Resident Advisor on-call number is 907-209-6539.

Any student who is enrolled in at least one UAS credit course for the current semester and residing in the State of Alaska is eligible for counseling services. Students have access to individual appointments, group therapy, screening for mental health diagnoses, and programming for mental health and well-being. If specialized care is needed or a student resides outside of the State of Alaska, community referrals will be provided. UAS Counseling Services uses a brief solution-focused therapeutic approach. This approach can help with issues of homesickness, time management, healthy relationships, grief and loss, roommate conflicts, and shorter-term crises.

To schedule a confidential appointment, please email uas.info@alaska.edu or call (907) 796-6000 (toll-free: 877-465-4827).