

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). Students living outside of Alaska can access urgent and scheduled counseling sessions through TimelyCare (<https://timelycare.com/uasoutheast/>) or contact UAS Counseling Services for assistance with connecting to local resources.

Mental health crisis intervention is available for students Monday through Friday from 8 a.m. to 5 p.m. Mental health crisis care after hours and on weekends is available by calling 911, your local hospital or clinic, TimelyCare (<https://timelycare.com/uasoutheast/>), and/or The Suicide and Crisis Lifeline at 988 or 1-877-266-4357. For students in UAS Upper Housing, the emergency RA on-call number is 907-209-6539. For students in UAS John Pugh Hall, the emergency RA on-call number is 907-209-6534.

Any student who is enrolled in at least one UAS credit course for the current semester is eligible for counseling services either with a UAS Counselor or through TimelyCare (<https://timelycare.com/uasoutheast/>). 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, community referrals will be provided. UAS Counseling Services uses a brief solution-focused therapeutic approach to counseling. This approach can help with situations such as: 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) or log on to TimelyCare (<https://timelycare.com/uasoutheast/>) using a UAS confirmed single sign on email and password.