

Personal Counseling

Free. Confidential. Caring.



Our goal is to provide students with opportunities to maximize personal growth and emotional stability. We believe that psychological health improves academic performance.

The logo for UMD Health Services features the letters 'UMD' in a stylized white font. The 'U' is shaped like an apple with a single leaf. The 'M' contains a caduceus symbol. The 'D' is a simple outline of a human head in profile. Below the logo, the text 'Health Services' is written in a large, bold, white sans-serif font. Underneath that, the words 'Medical • Counseling • Education' are written in a smaller, white sans-serif font, separated by small black dots.

Health Services
Medical • Counseling • Education

Appointments

Counseling is offered at UMD Health Services. We are located between Lake Superior, Goldfine, and Heaney Halls.

To schedule an appointment, please call the registration desk at 218-726-8155. Phones will be answered during regular office hours.

Hours (September—May)

open to all students

8:00am to 4:00pm Mon, Wed, Thurs, Fri

9:00am to 4:00pm Tues

Summer Hours:

9:00am to 3:00pm

Emergencies

If the situation is urgent or a crisis, please notify the receptionist.

After-hours Emergencies

contact:

Your Resident Advisor

Campus Police 911

Miller Dwan Medical Center

(Crisis Line) 218.723.0099

Human Development Center

(24 hour Mental Health Emergency Line)

1.800.634.8775

Program for Aid to Victims of Sexual Assault

218.726.1442

Talk it out

Talk to someone who understands your concerns, who can offer an objective viewpoint, and give you a chance to find support and new solutions. Personal counseling provides a safe, confidential environment where people can share their thoughts and feelings, explore concerns, gain new awareness, and make helpful changes.



When to seek counseling

Students often enter the counseling process by saying, "I don't really know if I need to be here, but..." Students may wonder if their problem is "serious enough".

Feelings such as anxiety, anger, depression, low self-esteem, or tension are a normal part of being human and can affect anyone. Sometimes these feelings are temporary and can be eased by rest, relaxation, exercise, good nutrition and the support of trusted friends. At other times, stressors, relationships or past family experiences can't be managed so easily and become overwhelming. If this happens, and you find it hard to function, you may want to seek professional help.

What we do

Our counselors work with a variety of issues:

- academic functioning
- adjustment to college life
- anxiety, insecurity
- body image
- relationship conflicts, family issues
- depression, grief counseling
- drug and/or alcohol abuse
- eating disorders, healthy weight loss
- lack of motivation
- loneliness, self-esteem
- men's or women's issues
- sexual abuse, harassment, and assault
- sexuality
- suicidal thinking

You're not alone

The counselors at Health Services have assisted hundreds of students through individual and group counseling. The professional services we offer can help you deal with the real pressures of college life and the personal transitions you may be experiencing.

What to expect

Staff members include professional psychologists, social workers, and professional apprentices. During your first appointment, you and your counselor will discuss concerns and develop a plan for dealing with those issues. The counselor will interview you in order to understand your needs. You and your counselor may agree that just speaking about your problems may be most beneficial, or you may jointly decide to deal with your concerns in a more structured way.

Options that can be considered include individual counseling, couples counseling, and group counseling.



The Health Services Counseling department has been accredited through the International Association of Counseling Services since 1994.

Confidentiality

We are committed to ensuring that the information discussed during counseling sessions is held in strict confidence. Any information that is exchanged during the counseling process is used exclusively for the benefit of the student. Counseling records are not kept in student academic files and information is not released to anyone without the student's written permission.

Cost

Counseling at UMD Health Services is free of charge for all registered UMD students (please note: fees apply for ADHD testing sessions). Students are required to bring and present their student identification card and health insurance card at every visit.

More Info

our address:
615 Niagara Court
Duluth, MN 55812

we're online at
www.d.umn.edu/hlthserv/counseling



The University of Minnesota is an equal opportunity educator and employer.