



Life isn't predictable. Unexpected changes or events can throw us off balance.

Counseling and Consultation Services at the Norris Health Center provides confidential assistance to help you understand and resolve those concerns that may be interfering with your ability to achieve your academic and personal goals.

Our Services

Counseling and Consultation Services are designed to meet individual or group needs and to promote human growth, dignity, and autonomy. Services include:

- Short-term individual and group counseling
- Crisis intervention and brief emergency screenings
- Outreach—e.g. psychoeducational workshops, in-service training
- Consultation/referral
- Couples or relationship counseling
- Eating disorder screenings
- Alcohol/Other Drug Abuse Screenings/Counseling
- Short-term Psychiatric Services

Our Staff

The Counseling and Consultation Services staff consists of licensed counselors, psychologists, and psychiatrists representing rich and diverse backgrounds.

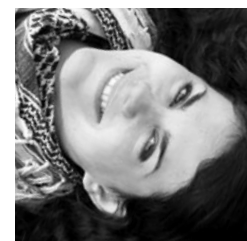
What is Counseling ?

Counseling provides an opportunity to explore and learn about yourself within a confidential, professional relationship. Increased understanding of yourself and your opportunities may facilitate your adjustment and lead to a more satisfying life.

You may explore thoughts, feelings, hopes, fears, and wishes as well as patterns of relating to others. You may reflect on past decisions or experiences and their consequences; you may evaluate future goals and decisions.

Your responsibility in counseling is to reflect and share your areas of concern.

In the initial “intake” appointment, you will have the opportunity to discuss your needs and concerns as well as provide your counselor with important background information. Following this evaluation, your counselor will recommend how your needs might best be met, either through the Norris Health Center, or referral to an outside provider or agency.



Your counselor listens, asks questions, and offers comments. Together, you decide on a focus for your “work.”

Once counseling begins, your counselor will work with you to clarify and deepen your self-understanding, explore options for change and develop a plan suited to achieve your goals. Counseling is an active process which requires work on your part and may involve exploration of painful events and feelings.

Between sessions, you gather information; by observing yourself, by recalling or noticing events and relationships, by trying out helpful new behaviors.

Counseling is not guaranteed to “solve your problem,” but success is most likely when you are an active participant and when communication with your counselor is open and honest.

Consultation/Outreach

The Counseling and Consultation Services staff is available to consult with faculty, staff, family and friends concerned about a student. Within limits of confidentiality and expertise, we will assist in the process of obtaining counseling or other appropriate assistance for the student. We also welcome opportunities to work with UWM departments and organizations on issues related to human behavior and interaction.



Services Not Provided

We do not provide mandated services, or those that may require court testimony or reports/letters to be filed with any branch of city/county/state/or federal courts; any District Attorney, City Attorney, or Municipal Attorney’s Office; any defense attorney’s office; any state department of probation and parole; or any state/county department of social services where litigation is either involved or pending. Additionally, we do not provide psychological testing to determine the presence of any learning, vocational, or other disabilities.

In order to assist the maximum number of students who seek our services, counseling and medication management are offered at the Norris Health Center on a short-term basis only. Consultation and referral services are provided for students who may need or desire longer or more intensive treatment.

How to Access Counseling Services

NORRIS HEALTH CENTER Counseling & Consultation Services

414-229-4716
mentalhealth.uwm.edu

Hours:
M - TR: 8 am - 4:45 pm
F: 9 am - 4:45 pm

With the exception of emergencies, please phone or stop by the Norris Health Center to make an appointment in advance.

If you need accommodations because of a disability, please alert Norris Health Center Staff at the time you schedule your appointment.

Crisis Assistance

If your situation is a crisis in which you are feeling unstable, unable to function well, or fearful for your personal safety, brief emergency screenings (up to 30 minutes in length) are available daily between 8am–4pm with either a crisis counselor or member of the counseling staff. The Norris Health Center does not offer emergency psychiatric services.



Can You Benefit from Counseling?

You may benefit from counseling if you share one or more of these common needs or goals:

- Learning** more effective methods of coping with personal, social and/or family relationships.
- Feeling** better about yourself.
- Developing** and maintaining healthier relationships.
- Gaining** greater independence.

Typical Concerns Include:

- Stress, nervousness, depression, worry, loneliness, anxiety, guilt, anger, shame, frustration, self-esteem...
- Identity, sexuality, sexual orientation...
- Alcohol/other drug use and abuse, eating disorders...
- Sexual assault and physical abuse



For More Information

Learn more about the counseling services available to UWM students by contacting Norris Health Center Counseling and Consultation Services (414) 229-4716 or visiting mentalhealth.uwm.edu.

How to Refer Someone

There may be times you find yourself wanting to recommend that someone you know (e.g., friend, roommate, sibling, co-worker, etc.) seek counseling services.

The following suggestions may help:

- 1** State in an open and clear manner why you believe the person should seek help.
- 2** Help the person being referred establish a positive, but realistic expectation.
- 3** Don't expect an immediate response to your referral. Know when to back off.
- 4** Follow up with the person referred to see what action, if any, the person has taken.

Eligibility

Students who are currently enrolled for class credits at UWM and pay the student segregated fee are eligible for services at no cost. Students of all cultures, languages, religions, races, sexual orientation, gender, and ability are welcome to use the Counseling & Consultation Services.

Confidentiality

Your visits with the Counseling and Consultation Services staff are private and no one outside Norris Health Center is given any information about you without your written permission. None of the information you provide becomes part of your academic record. There are certain limits to confidentiality which will be explained to you at your first appointment.



COUNSELING
& CONSULTATION
SERVICES