

STUDENT HEALTH AND COUNSELING CENTER



Any student who has paid the Health Center fee may use the services of the Student Health and Counseling Center. This include five counseling sessions during the Fall and Spring semesters, as well as access to basic medical services.

To learn more about available services and summer hours, visit:
<https://uaf.edu/chc/>

WHEN TO MAKE A REFERRAL

Even though a student asks you for help with a problem and you want to help, there are circumstances when you should make a referral:

- You are not comfortable with the situation;
- The help needed is beyond your expertise;
- There are personality differences that may interfere;
- You know the student personally and may not be able to maintain objectivity;
- The student is reluctant to discuss the situation with you; or
- You feel overwhelmed or pressed for time.

HOW TO MAKE A REFERRAL

To the student:

- Be frank about the limits of your time, ability, expertise, and/or objectivity.
- Let the student know that you believe she/he should get assistance from another resource.
- Assure the student that many students seek help over the course of their college career.
- Assist the student in choosing the best resource.
- Explain to the student what most likely will happen if the student follows through with the referral.

Consider these questions:

- What are the appropriate and available resources?
- With who will the student be most comfortable?
- Who will make the initial contact with the resource?

IN AN EMERGENCY

Try to stay calm and find someone to stay with the student while calls are made.

For students expressing a direct threat to themselves or others, contact:

University Police Department

Open 24 hours
474-7721

Student Health and Counseling Center

8am - 4:30pm, Monday - Friday*
474-7043

*If it is after hours, please call the main number and follow to prompts to reach a licensed crisis counselor.

Center for Student Rights and Responsibilities

8am - 5pm, Monday - Friday
474-7317

National Suicide Prevention Lifeline

Open 24 hours
1-800-273-8255

For students who are exhibiting severe anxiety, depression, suicidal thoughts, but are not an immediate danger to themselves or others, contact:

Student Health and Counseling Center

8am - 4:30pm, Monday - Friday
474-7043

Center for Student Rights and Responsibilities

8am - 5pm, Monday - Friday
474-7317

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(907) 474-7043 | uaf-sh-cc@alaska.edu

203 Whitaker Building

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