

New Interactive Screening Program at UAF!

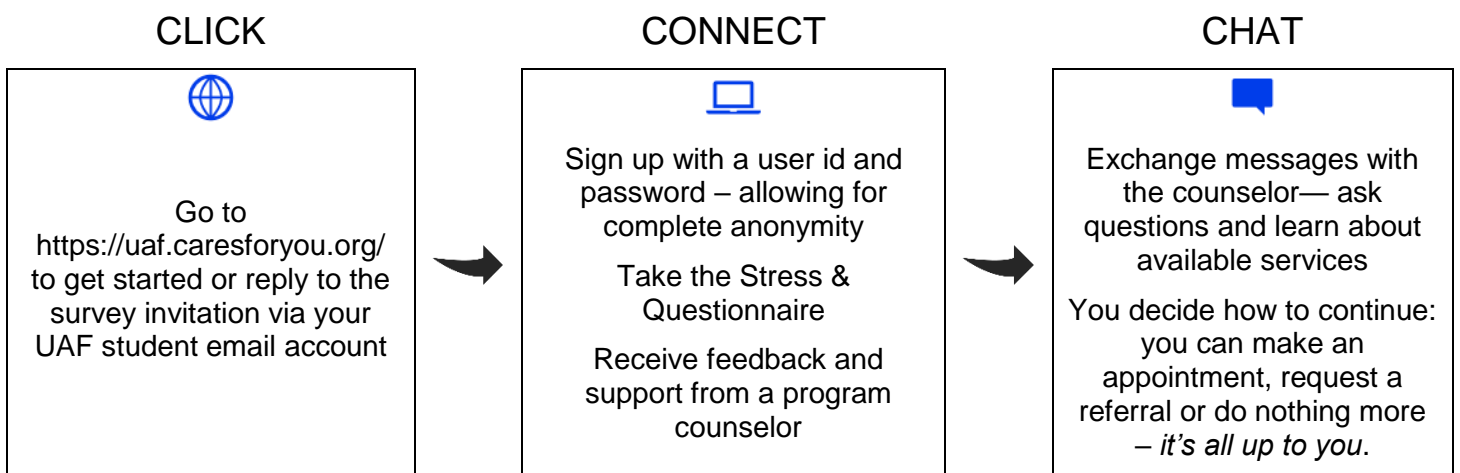
<https://uaf.caresforyou.org/>

Hey Nanook Nation! Stress, anxiety, and the pressures of school and day-to-day life affect us all. Sometimes those pressures can negatively affect our happiness, our relationships with others, our school performance, and even our feelings and beliefs about ourselves. Whatever you're struggling with – family pressures, school workload, relationship issues, grief, stress or financial concerns – it is easy to get overwhelmed without an idea of where to turn for support.

The Interactive Screening Program is a safe and secure online tool that connects you to a counselor to learn more about how you can get support for mental health concerns.

It's as simple as...*Click, connect and chat!* If you are a student, please watch out for our email survey invitation! You can also access the questionnaire from our website or the above link. Questions? Contact Stacey Schmitt, LCSW at Student Health and Counseling: 474-7043.

How ISP Works



Key Principles of ISP

Complete Anonymity

Your User ID will be unique to you and can be anything you choose. Your identity will not be known to the counselor unless you choose to share it.

Personalized Contact with Program Counselors

Instead of computerized feedback, you will receive a personal response to your questionnaire from a counselor at UAF Student Health and Counseling or the UAF Community Mental Health Clinic

Connection and Support

A counselor from will respond to the experiences you share and provide you with the support you need – whether that be someone to listen or to help connect you to other services.

Interactive Engagement

You will have the opportunity to exchange messages with the counselor through the ISP website – ask questions, get feedback and support.