

Student Counseling Services Overview



UAB

THE UNIVERSITY OF
ALABAMA AT BIRMINGHAM.

Student Counseling Services

Counseling Appointments

Education and Awareness

Consultation and Guidance

Crisis and Emergency Response

Student Counseling Services offers students of all backgrounds, races, religious beliefs, sexual orientations, gender identities, abilities, ethnicities, and cultures a safe place to discuss and resolve issues that interfere with personal and academic goals. We recognize and honor the complex **intersectionality** of all aspects of a person's identity and presenting concerns.

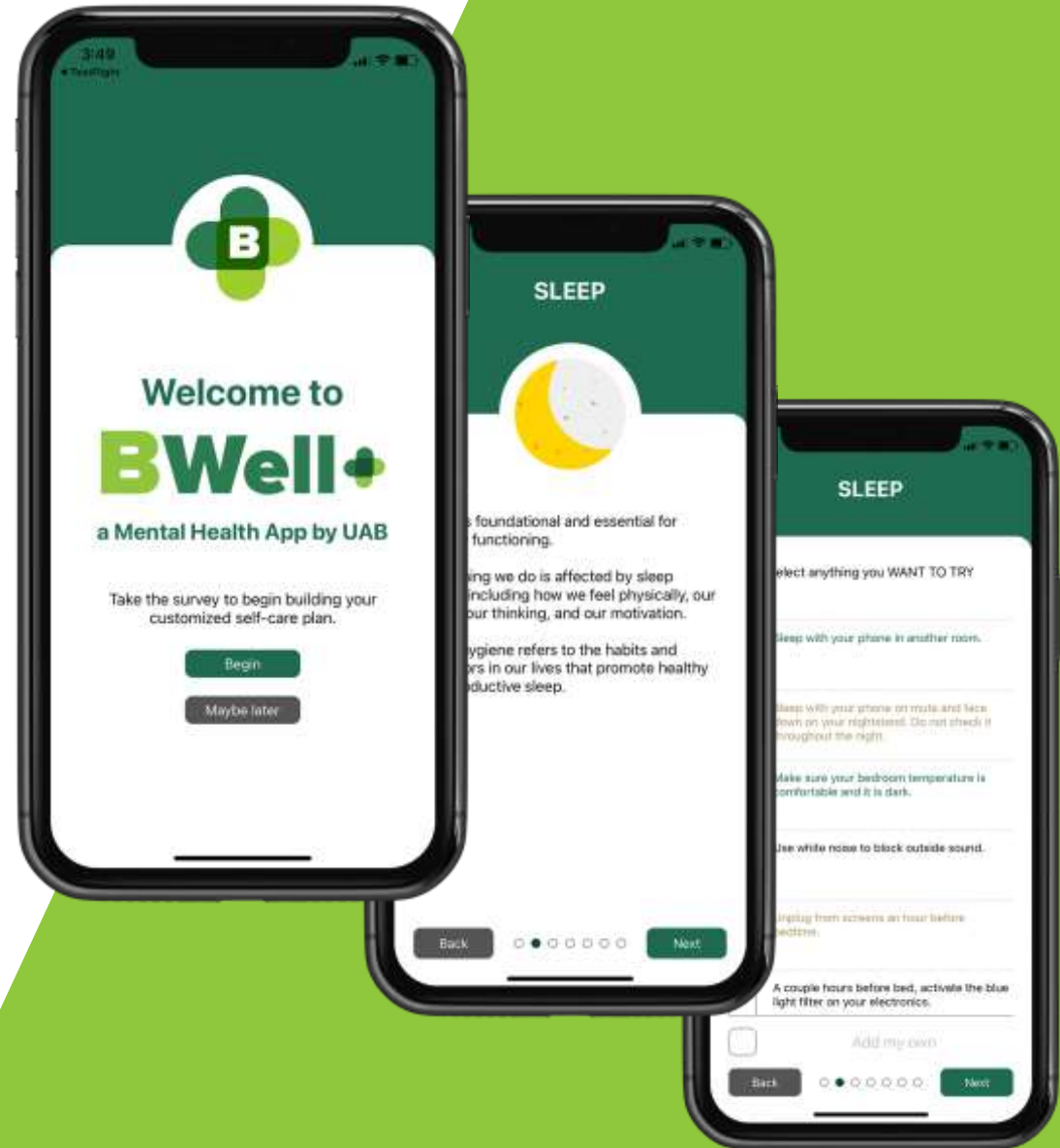
BWell+

A Mental Health App by UAB

Featuring

- Customizable self care plan
- Daily habit tracker and journal
- Hub for wellness resources and more

Coming January 2021



UAB Suicide Prevention Initiative

<https://www.uab.edu/uabcares>



UAB cares deeply about the overall health and wellbeing of its entire campus community. In an effort to reach those in need, UAB established the UAB CARES Suicide Prevention Initiative as to be an effective resource for all. No matter who you are in the UAB community, remember that you matter, and you are important. UAB is here and there is help available today.

I AM A STUDENT

In times of uncertainty, our everyday lives can become more stressful and overwhelming. As a student, UAB cares about you, your mental health and overall wellbeing. To best support your needs, UAB has provided numerous resources to help you continue your goal of thriving academically and reaching your future career pursuits.

TEXT "UAB"
TO 741-741

Connect via text with a live,
trained crisis counselor.

List of Resources for Students to Seek Help:



Are you concerned about a student?

Learn what to say on Kognito, a free online resource to help you help someone.

Learn More



Help for Students

View Resource



Help for Employees

View Resource



Get Help Now

View Resource



Kognito Educational Platform

View Resource



Learn More About the Signs and Symptoms

View Resource



Blazer Kitchen

View Resource

Student Counseling Services



Distance Counseling
Appointments
Zoom video or phone



Monday – Friday, 8am – 5pm
Confidential
Free for enrolled students



Web-book appointments through
patient portal on website
<https://www.uab.edu/students/counseling>



24-7 Support Available



We're here to help you cope.

To reach our Crisis Counselors, text UAB to **741741**.

CRISIS TEXT LINE |

The graphic features a dark green background with a pattern of white dots in the top right corner and a white circle in the bottom right corner. A dark green speech bubble contains the text 'We're here to help you cope.' Below it, white text reads 'To reach our Crisis Counselors, text UAB to 741741.' At the bottom left, a red button with white text says 'CRISIS TEXT LINE |'.

Emotional Support Help Line for COVID-19

1-866-342-6892

Free access to specially trained mental health specialists to support people experiencing anxiety or stress around COVID-19.



NATIONAL
SUICIDE PREVENTION LIFELINE™
1-800-273-TALK (8255)
suicidepreventionlifeline.org

The logo consists of a green horizontal bar at the top with the word 'NATIONAL' in white. Below it, the words 'SUICIDE PREVENTION LIFELINE' are stacked in large, bold, black and green letters. The 'I' in 'SUICIDE' is replaced by a green telephone handset icon. Below the main text is the phone number '1-800-273-TALK (8255)' and a green bar at the bottom with the website 'suicidepreventionlifeline.org' in white.

Kognito: Conversations that Save Lives

www.uab.edu/uabcares/kognito

- Identify when there is a concern
- Approach someone who needs help
- Refer to the appropriate resources



At UAB we want to make sure that we can all recognize signs of distress and know what to say if a friend needs help. **At-Risk for Students** is an online simulation that lets you practice conversations with a virtual student, so you'll know what to say in real life. You'll learn how to determine when a friend needs help, how to talk with a friend who you're worried about, and where you and your friend can turn to for help.

Hit a rough spot in your life?

You can access effective help for many common life challenges, online 24/7. Use your campus email, it's free and private. Enroll at:

US.TAOconnect.org/register



If you need to talk to someone, call UAB Student Counseling Services at 205-934-5816



TAO

Therapy Assistance Online

Introducing TAO



Welcome to TAO!



Therapy Assistance Online
us.taoconnect.org

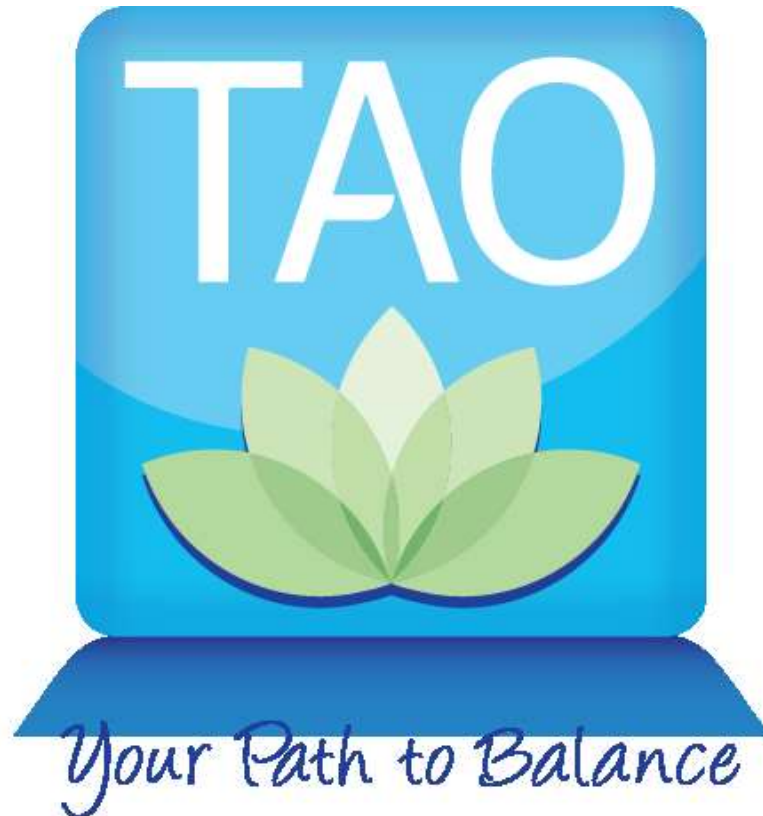
What is TAO?

TAO includes over 150 brief, effective, educational sessions covering over 50 common topics and skills related to mental health, wellness, and substance use issues. TAO includes interactive sessions, mindfulness exercises and practice tools all aimed at helping you achieve your goals.

Free, Online Resources

<https://www.uab.edu/students/counseling>

Help Yourself



Help Others



Blazers Bounce Back Resiliency Course



New! Spring 2021

All enrolled students will have the Blazers Bounce Back course assigned.

Find it in your Canvas dashboard!



Learn the 4 R's of Bouncing Back!

Stay Connected through the Resiliency Hub

<https://www.uab.edu/students/counseling>



@MHA Daily

Social Media and You Tube



Let's Talk About It

Weekly Podcast with
Herbert Wilkerson

Tuesday afternoons at 4:30

Available on Student Affairs You
Tube, Student Counseling Services
playlist



Follow Us @UABSCS

Social Media & Student Affairs You Tube



YOU MATTER.

YOU ARE IMPORTANT.

YOU ARE NOT ALONE.

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UAB
cares