Student Counseling Services Overview

UAB cares
You are not alone. Reach out.

THE UNIVERSITY OF ALABAMA AT BIRMINGHAM
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.
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

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.

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
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

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.
• **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
Introducing TAO

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

Kognito
Conversations that change lives.

ARE YOU WORRIED ABOUT A FRIEND OR CLASSMATE?
College can be stressful at times. Build the confidence to talk with a friend who may need help.
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 YouTube

Let’s Talk About It
Weekly Podcast with Herbert Wilkerson
Tuesday afternoons at 4:30
Available on Student Affairs YouTube, Student Counseling Services playlist

Follow Us @UABSCS
Social Media & Student Affairs YouTube
YOU MATTER.
YOU ARE IMPORTANT.
YOU ARE NOT ALONE.