

**UNIVERSITY OF  
NORTHERN COLORADO  
COUNSELING CENTER**

**GREELEY, CO 80639  
(970) 351-2496**

The Counseling Center is staffed by licensed psychologists, counselors, and psychiatrists who are sensitive to the many issues affecting college students today. Our Center provides a place for students who would like help dealing with personal or relationship issues and crisis situations. Services offered include individual, couple, and group counseling. Contact us if your academic area or department has a special request.



**Hours:**

8:00 a.m.—5:00 p.m.  
Monday through Friday

**Appointments:**

Call (970) 351-2496 for a consultation, or have the student call to schedule an initial appointment.

**Fees :** There are fees associated with a variety of our services. Please call for more information.

The UNC Counseling Center is partially supported by student activity fees. To learn more about the fees students pay, call the Student Representative Council at 351-4807.

The **UNC Counseling Center** provides a place for students to talk about personal problems and concerns.

Services are  
**CONFIDENTIAL**

To make an appointment call:

**970-351-2496**

UNIVERSITY of  
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**UNC COUNSELING  
CENTER**

Cassidy Hall  
2nd Floor  
Campus Box 17  
Greeley, CO 80639  
Phone: 970-351-2496  
Fax: 970-351-1485  
[www.unco.edu/counseling/](http://www.unco.edu/counseling/)

UNIVERSITY of  
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**Referring Students to  
UNC Counseling Center**



Telephone: 970-351-2496

## Concerned About a Student?

### Consultations

If you are concerned about a student or situation, but are not sure of how to proceed, call the Counseling Center. A counselor will return your call and help you determine an appropriate course of action.



Don't carry it all on your shoulders. Consultations are a regular part of our services, and are frequently used by concerned parents, roommates and faculty and staff.

### Emergencies

Should a crisis situation occur, immediate assistance is coordinated through the UNC Police Department. Their 24 hour telephone number is (970) 351-2245.

Examples of crisis situations include:

- Expression of suicidal thoughts
- Expression of homicidal thoughts
- Severe loss of emotional control
- Gross impairment in thinking ability
- Bizarre behavior

### Signs Suggesting the Need for a Referral

#### Advisement Problems

- Inability to choose courses
- Unwillingness to take required courses
- Career indecision
- Focus of an advisement meeting shifts from discussion of coursework to personal issues

#### Academic Problems

- Excessive procrastination
- Uncharacteristically poor work
- Inconsistent work
- Repeated requests for special consideration (without evidence of a learning disability)
- Test anxiety

#### Interpersonal Interactions

- Dependency on advisor/ "hanging around"
- Avoidance of professor or other students
- Behavior which regularly interferes with decorum of classroom
- Complaints from peers

#### Behavioral Markers

- Marked change in personal hygiene
- Dramatic weight gain or loss
- Frequent falling asleep in class
- Irritability, particularly in conjunction with unruly behavior
- Garbled or impaired speech, disjointed thoughts
- Unusually soft or loud voice, or unusually slow or fast cadence in speech
- Tearfulness or intense emotion

### How to make a Referral

If a student is having personal or family problems, it is often useful to ask: "Who have you talked with about this?"

If you feel that the student would benefit from a referral for counseling, it is usually best to express your concerns directly to the student. It is generally better to suggest counseling and allow the student to make his or her own decision. But if a student needs help immediately, offer to call the UNC Counseling Center with the student present.

If you call on behalf of a student, identify yourself and explain that you are assisting a student in making an appointment; then allow the student to speak to the receptionist to make these arrangements.

It may be appropriate to see if the student has followed through on your referral to counseling. Due to state laws, all information about our clients is confidential, even if you made the referral. However, if you want information from the Counseling Center, ask the student to sign a form to give us permission to do so.

