

ABOUT US

We serve the mental health care needs of students, faculty, and staff. Many experience life events or academic pressures that leave them feeling anxious, confused, lonely, angry, depressed or overwhelmed. When those feelings persist for more than just a few days, it is often helpful to speak with an unbiased, objective professional. Any personal issue that is troubling may be discussed in counseling.

OFFICE HOURS

Counseling services are available for students, faculty, and staff.

**Monday - Friday
9:00am-6:00pm**

To schedule an appointment please use this link -

<https://auamed.medicatconnect.com>

Office hours are modified during School Breaks.

The University Counseling Center is closed on all Observed Holidays.



WE ARE HERE FOR YOU...



<https://uwc.auamed.org>

University Counseling Center

AUA Wellness Center
University Park, Jabberwock Beach Road
P.O. Box 1451W
Coolidge, Antigua

Phone: 268-484-8900 x1587
E-mail: UCC@auamed.net

AUA EMERGENCY PHONE: 268-764-0164
After Hours Only: 4:30pm—8:00am

University Counseling Center

WE ARE HERE FOR YOU



UNIVERSITY
COUNSELING CENTER

ACCREDITED BY



Inspiring excellence in student mental health care

<https://uwc.auamed.org>



CONFIDENTIALITY

The University Counseling Center staff maintain professional ethical standards, regarding confidentiality. We honor the client-counselor relationship. Therefore, confidentiality is one of the most important parts of each counseling session. Upon entering counseling, clients are notified of the privacy policy and the limits of confidentiality.

Documentation from sessions is not placed in any personnel, academic, or educational file regarding attendance, content of sessions, or progress.



COMMON ISSUES

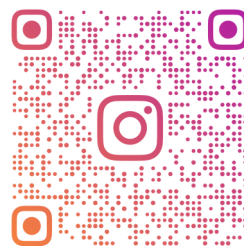
Anger Management
Adjusting to AUA and Antigua
Depression
Grief / Loss
Academic Difficulties
Motivation
Negative Thoughts
Stress and Anxiety Management
Relationship / Family Problems
Test Anxiety



RELEASE OF INFORMATION

A *Release of Information* form must be completed and submitted to receive an assessment summary. Requests will be completed within seven (7) business days of receiving the form.

INSTAGRAM



AUA_UCC

OUR COUNSELORS

Our counselors are fully licensed and/or certified in the counseling field.

- ♦ **Ms. Holly Christopher**, MSc, MBPsS, M-RAS
UCC Director
- ♦ **Mr. Sydney Retemyer**, MSc, M-RAS
Counselor

We will refer out to a local psychiatrist for medication management and psychiatry evaluations.



SERVICES

Crisis Intervention
Consultations
Community Outreach
Educational Workshops
Individual & Group Counseling
Prevention
Referrals