

## 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...



@aua\_ucc - Instagram



### 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](mailto: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

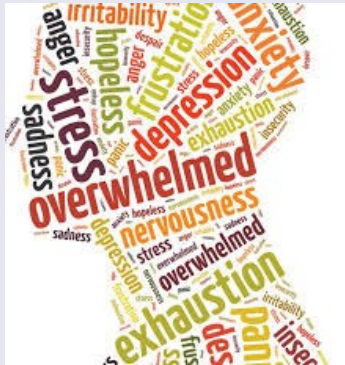
ACCREDITED BY



INTERNATIONAL ACCREDITATION  
OF COUNSELING SERVICES

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.

## MEDICATION MANAGEMENT

Medications shipped to Antigua, must be cleared at the Port. Clients must send an *email* to the University Health Clinic (UHC) to request a *Medication Release Letter*. The *prescribing physician* must also send a request to [clinic@auamed.net](mailto:clinic@auamed.net).

## OUR COUNSELORS

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

- ◆ **Dr. Sonya Ford**, LCPC, NCC, NCSC, BC-TMH  
Wellness Center Director
- ◆ **Ms. Holly Christopher**, MSc, MBPsS, M-RAS  
Counselor
- ◆ **Mr. Sydney Retemyer**, MSc, M-RAS  
Counselor

We have a psychiatrist on staff for medication management and psychiatry evaluations (*Note: These are not Neuropsychological Evaluations for USMLE/NBME test accommodation purposes*).

- ◆ **Dr. Chenelle Joseph**, MD  
Psychiatrist



## SERVICES

- Crisis Intervention
- Consultations
- Community Outreach
- Educational Workshops
- Individual & Group Counseling
- Medication Management
- Prevention
- Psychiatry Evaluations
- Referrals