

UNK Counseling Information

Diminished mental health, including significant stress, mood changes, excessive worry, or problems with eating and/or sleeping can interfere with optimal academic performance. Problems with relationships, family worries, loss, or a personal struggle or crisis can also contribute to decreased academic performance.

UNK Counseling provides mental health services to support the academic success of students. Counseling Services, a part of Student Health & Counseling department, provides full range of short-term professional mental health services. Services include confidential personal counseling, group counseling, substance use counseling, crisis intervention, outreach programming, and consultation to help you manage personal challenges that may threaten your well-being.

It is not our intention to know the details of what might be bothering you, but simply to let you know I am concerned and that help, if needed, is available.

Getting help is a smart and courageous thing to do -- for yourself *and* for those who care about you. You can contact UNK Counseling at 308-865-8248 or visit their website for more information: https://www.unk.edu/offices/counseling_healthcare/counseling_care/index.php