UNK Counseling provides mental health services to support the academic success of students. Counseling Services, a part of Student Health & Counseling department, provides a 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.

Virtual counseling services are available to any currently enrolled student who resides in Nebraska. Students who reside in states outside of Nebraska cannot be counseled due to licensure regulations.

Students taking only online courses will need to pay the opt-in fee for Student Health & Counseling services at the time of their first meeting ($118 fee per semester). This student fee covers an initial consultation and three counseling sessions per semester. Additional sessions beyond the three that are covered under the student fee are charged $10 per session.

UNK Counseling has also created Coping With COVID - Canvas Student Resource and Coping With COVID – Canvas Faculty/Staff Resource, which are public courses that are available to the campus community.

Faculty members can learn more about practical approaches to supporting student well-being with the Association of College and University Educators’ Creating a Culture of Caring: Faculty Online Resource.

Contact UNK Counseling at 308-865-8248 or visit their website for more information.

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