

COUNSELING SERVICE

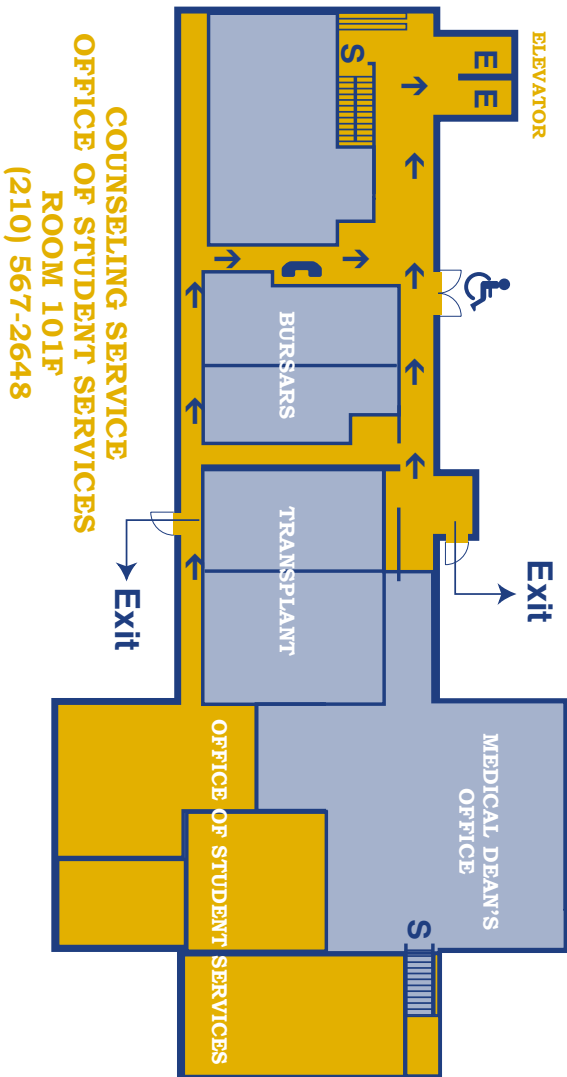
Room 101F
(see map on back)

The University of Texas
Health Science Center at San Antonio

(210) 567-2648

MAP

- | Use glass walled elevator on 3rd floor, Medical School
- | Take elevator to the 1st floor
- | 101F is directly opposite the elevator on Level 1



COUNSELING SERVICE
OFFICE OF STUDENT SERVICES

ROOM 101F

(210) 567-2648

COUNSELING SERVICE

The University of Texas Health Science Center at San Antonio
Room 101F | (210) 567-2648

Multidisciplinary staff of psychologists, psychiatrists, and residents.

All enrolled students in the UTHSCSA are eligible. Consultation is also offered to spouses/partners.

Costs associated with referral to specialists, other services or agencies are the responsibility of the client.

Personal crisis—indicate that you are in crisis and you will be seen as soon as practical.

Scheduled appointments are preferred for most services. Service may be provided on a walk-in basis based on staff availability.

All consultations are confidential.

There is no fee for consultation by the staff of the Counseling Service.

SERVICES PROVIDED

Academic Difficulties

Overcoming test or performance anxiety
Conflict with instructor or clinical supervisor
Organizing and learning course objectives
Time Management

Career Issues

Clarifying career goals and interests
Identifying a specialty
Confronting doubts about career choice

Personal Problems

Increasing self confidence
Managing stress effectively
Coping with feelings of depression, anxiety
Developing self assertion
Overcoming self defeating behavior

Substance Abuse

Evaluation
Referral
Consultation
Education

Individual, couples, group counseling | Study skills workshops (Call CS to schedule or for current offerings) | Stress Management Workshops (Call CS to schedule and for current offerings)

AFTER HOURS

Crisis consultation is available through the Psychiatry Resident on call at University Hospital 358-2524. Callers should identify themselves as UTHSCSA student or student's spouse.