

UT Counseling Center:

Your resource for a secure student experience

What is it?

The Counseling Center is the University's primary facility offers personal counseling, psychotherapy, and psychological outreach and consultation services.

Whom do we serve?

Counseling and psychological services are provided to students of The University of Toledo without limitations or barriers. Ethical standards of the American Psychological Association and the American Counseling Association govern behavior of all counselors, staff members and supervisors.

Where are we located?

The Counseling Center is in Rocket Hall Room 1810. Call 419.530.2426 to set up an appointment. Main page: www.utoledo.edu/studentaffairs/counseling/

Where can I get support related to sexual assault?

The Counseling Center oversees the UT **Sexual Assault Education & Prevention Program (SAEPP)**, which works to create a campus free of all forms of sexual/intimate partner violence/abuse met through services in four critical areas:

- *Programming* designed by committee of representatives from Counseling Center, UT Police Department, student groups/organizations, & UT community plus outside partners;
- *Advocacy* includes a comprehensively trained staff in key areas of high student interaction. These Sexual Assault Support Team members act as advocates for sexual assault survivors;
- *Education/Training* includes continual education for faculty, staff & students on sexual assault (and ATOD; see below) via presentations given during classes, to student organizations, at Residence Life events, etc.;
- *Counseling* offers mental health treatment for survivors ready for this next step, with one-on-one and group counseling available.

Programming includes:

- Presentations, trainings & workshops for classes, student groups, faculty and staff
- Haven: Sexual Assault Prevention — online educational program
- Additional educational materials
- Speakers and full calendar of special events
- The Clothesline Project: a visual display bearing witness to violence against women
- UTURN-UT United for Respect and Nonviolence
- Internship and volunteer opportunities

Full info on contacts and programming:

www.utoledo.edu/studentaffairs/SAEPP/

What's available on substance abuse counseling?

The **Alcohol, Tobacco and Other Drugs (ATOD) Prevention Program** works to reduce substance abuse among University of Toledo students through programs that combine education with fun activities that help build a community of support for our students. Programs include:

- Red Watch Band: Alcohol Bystander Training
- AlcoholEdu for College
- Alcohol-free Tailgates
- Quit Tobacco Program
- Party Smart UT
- Cannabis Screening Day
- Many others!

Full info:

www.utoledo.edu/studentaffairs/counseling/ATODPC/Welcome.html