Mental Health Services

In crisis? Connect with a SafeUT counselor 24/7 SAFE UT

At Mental Health Services, we provide assessment and treatment for a variety of mental health concerns such as anxiety, depression, eating disorders, trauma, grief, substance abuse, and relationship issues. We offer therapy in a number of formats including: individual therapy, group therapy, and couple's therapy. Please access our new digital portal below to schedule an initial appointment.

Office Hours and Location

MENTAL HEALTH AWARENESS

This online course takes about one-half hour to complete. It provides a basic overview of mental health information for college and university students, as well as several ways to help other students who are dealing with mental health issues.

How to Make an Appointment

Please be aware that our procedures for scheduling initial therapy appointments have changed:

- If you are a **new client**, please use the "Make An Initial Appointment" button below to access our NEW digital portal and make your first appointment.
- If you **have been seen by a therapist previously**, please call us at 801-863-8876 to discuss scheduling with our receptionists.

Due to the high demand for our therapy services, you will need to be enrolled in 9+ credit hours to receive individual therapy (6+ credit hours during the summer). Proof of current enrollment is required. If you are enrolled in 8 credit hours or less, we encourage you to consider joining one of our **FREE** therapy groups on the day and time that is most convenient for you. See the *Group Therapy* section below for more information about our group program. If you are new to our groups, you can also use the NEW digital portal below to begin this process.

MAKE AN INITIAL APPOINTMENT

Be aware that mental health services are available only to currently enrolled UVU students. Also, please be aware that we do not provide services to students who are under 18 years old, or to full-time UVU employees. If you are not yet 18 years old, or you do not meet the credit hour eligibility requirements described above, then please see our listing of *resources in the community.*

Cost of Services

Individual Therapy: $10/session *(Must be enrolled for at least 9 credit hrs during the Fall or Spring semesters, or 6 credit hrs during the summer)*

Couple's Therapy: $10/session *(Must be enrolled for at least 9 credit hrs during the Fall or Spring semesters, or 6 credit hrs during the summer)*

Group Therapy: Free *(Must be enrolled for at least 1 credit hr)*

**Please note: If you are experiencing a mental health crisis and need immediate assistance, please call the national Suicide & Crisis Lifeline at 9-8-8, or dial 9-1-1.*

During our business hours Monday-Friday 8:00 a.m.-5:00 p.m. (excluding campus closures), if you are experiencing a mental health crisis, please call the Student Health Services receptionist desk at 801-863-8876 and notify the receptionist that you would like to schedule an appointment with a UVU Crisis Therapist.

Forms

You may view copies of some of our commonly used forms by clicking on the links below. Please be aware that the Informed Consent Form and the Telehealth Informed Consent Form are included in the documentation that is completed when scheduling an initial appointment through our new digital portal (see above).

Informed Consent Form

Netiquette (for Telehealth only)

Practicum/Externship Application

Group Guidelines

General Description of Group Therapy

Individual and Couples Therapy

Individual Therapy

Many students face academic, family, or psychological struggles for which they seek individual therapy. Mental Health Services provides short-term therapy to current-term registered UVU students. Mental Health Services may provide a maximum of 24 sessions to students over the course of their time at UVU. In order to qualify for individual therapy services, you must be enrolled for a minimum of 9 credit hours during fall and/or spring semesters (6 credit hours during the summer).

You will work with your therapist throughout the first session to determine the most appropriate course of treatment for your particular challenges. The therapist may provide you with a referral to a community therapist if longer-term care is needed.

Many of our therapists are licensed professionals. We also have therapists-in-training who work under the supervision of a licensed therapist. All of our trainees receive regular supervision to ensure that you are getting the best care possible.

Sometimes, due to our high demand for services, we have a wait-time for individual therapy. If this is the case for you, then consider joining one of our free therapy groups.

GROUP THERAPY INFO

*Please be aware that Student Health Services does not provide psychological services for court-mandated therapy.

Who qualifies for individual therapy? ⊞

What should I expect during my first therapy session? ⊞

How long will each therapy session last? ⊞

What should I bring to my therapy sessions? ⊞

Where will I be meeting with my therapist? ⊞

What if the '*Wait List*' for Individual Therapy is closed? ⊞

Couples Therapy

Many times couples in a dating, pre-marital, or marital relationship are looking for ways to improve the quality of their bond or need help resolving a glitch in their relationship with each other. Mental Health Services (MHS) offers a workshop for couples looking to strengthen their relationship, and couples counseling for those looking to resolve relationship concerns. Several of the professional staff have specialized training in couples therapy.

Couples Therapy

MHS provides couples therapy to those wanting to work through challenges in their relationship. Below is a list of symptoms to help you and your partner assess whether your relationship could use professional help:

- Lack of trust between partners
- One or both partners feel they are being verbally or emotionally abused
- Physical abuse
- A feeling of being controlled by your partner
- A feeling you are not being understood and/or appreciated by your partner
- Physically and/or emotionally withdrawing from your partner
- A feeling of not being listened to by your partner
- Lack of common values between partners
- Easily provoked to irritation and anger by your partner
- Mixed feelings of love/dislike towards your partner

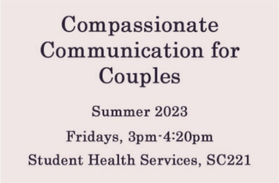
Of course, there is no guarantee that couples counseling is the answer, but the Mental Health Services therapists are ready and willing to help you and your partner with these issues so you can move towards having a more satisfying relationship. If you wish to schedule an appointment for couples counseling, please access our *digital portal here*, or by clicking the "Make A Couples Therapy Appointment button."

Self Help Resources

- Netiquette (if you are engaging in telemental health services)
- Resources/Self Help Information

Compassionate Communication for Couples Group

The Compassionate Communication for Couples therapy group is a group for couples wanting to improve their communication. This group utilizes principles from Nonviolent communication developed by Marshall Rosenburg. The group is best suited for committed couples that are not currently in a crisis. Access our digital portal ***here***, or click on the "Make A Couples Therapy Appointment" button to complete your paperwork and sign up for this group.



Compassionate Communication for Couples

Summer 2023

Fridays, 3pm-4:20pm

Student Health Services, SC221

MAKE A COUPLES THERAPY APPOINTMENT

Group Therapy

Are you trying to decide if group is right for you? Watch this brief video that provides a general introduction to group therapy. After you're done, you can read this page for more specific information about our **FREE** therapy groups.

Introduction to Group Therapy by Darius Campi...
Share
Watch on YouTube

Groups are available to all currently enrolled UVU students. Below is our group schedule for Summer 2024. From the list, choose the **one group** that works best for you at this time. Click on the day or time of that group for a description of what you can expect in group therapy. You may also want to review the *Group Guidelines* (which will be included in the paperwork you will fill out prior to your first group session). If the schedule indicates that a particular group is 'CLOSED,' then that group is not currently accepting new members. Please see the bulleted list of topics below if there are no open groups that fit with your schedule, to see how you can request a new group be started.

For more information about our groups, contact our Group Coordinator at *GroupTherapy@uvu.edu*.

Below is a list with brief descriptions of our groups. Please note that the scheduling of groups varies from semester to semester.

GENERAL THERAPY GROUPS These sessions help students gain personal insight, improve communication skills, and explore relationships. Groups are open to all currently-enrolled students and address a wide array of problems, issues, and areas of concern. While the groups are facilitated by therapists, the agenda for each group and each session is largely student-led.

WOMEN'S THERAPY GROUP These sessions are very similar to general therapy groups, but offer a female-only environment and particular focus on women's issues.

OCD GROUP This group is geared specifically for those struggling with OCD. It will be a combination of psychoeducation and process. The goals of the group are to help members understand and interrupt the cycle of obsessions and compulsions and to provide opportunities to support each other in this process.

LGBTQ+ GROUP These sessions are very similar to general therapy groups, but offer a LGBTQ+ only environment and particular focus on LGBTQ+ issues.

EATING/BODY IMAGE CONCERNS These sessions will primarily explore the relationship between mental health concerns and body image/eating concerns. In addition, the group will provide some psychoeducation about eating and body image concerns.

FAITH TRANSITION GROUP These sessions will primarily explore the challenges associated with transitioning religious beliefs and/or affiliations. In addition, the group will provide support and information about healthy ways to cope.

NEURODIVERSITY GROUP This group focuses on helping neurodivergent individuals build important academic and life skills. The group will focus on self-awareness, mindfulness practice, time-management, environmental organization, emotional regulation, and other skills to overcome obstacles specific to neurodivergent populations.

COMPASSIONATE AND ASSERTIVE COMMUNICATION GROUP These sessions will offer education on how to communicate with others and with yourself more compassionately, assertively, and effectively. Group members will develop competency in better identifying their own and others' emotions and needs. Group members will then practice this type of communication with each other.

SUPPORT GROUPS Unlike our general therapy groups, these time-limited groups are more solution-focused, and are intended to provide emotional support as well as effective solutions to students' respective concerns.

Group Paperwork

Group Guidelines

General Description of Group Therapy

Netiquette

Groups for Summer 2024

IMPORTANT: All new group members must utilize our *digital portal* to begin the group therapy process. Through the portal, you can complete the necessary paperwork, and arrange for an initial group orientation meeting with one of our staff. This orientation meeting is intended to provide you with additional information about group and allow you the opportunity to ask any questions you may have about group, so that a more informed decision can be made to ensure you are getting the right treatment for your particular needs.

If you have been in one of our therapy groups in the past and wish to resume treatment, please contact our Group Coordinator at *GroupTherapy@uvu.edu* rather than going through our online portal.

JOIN A GROUP

**It is important to know that any group could be moved online at any time at the discretion of the group's leaders in response to changes in COVID, flu, colds, etc. This is for the safety of all group members, as well as the larger campus community. If you are experiencing any symptoms of illness (e.g., cough, sore throat, fever, nausea, runny nose, etc.), please do not attend group. If you are experiencing other symptoms and are uncertain whether or not attending group is appropriate, please consult with the group leaders as soon as possible prior to the group session. If you demonstrate symptoms during any group session, you may be asked to leave the group until you are symptom-free.*

If you have any questions about groups during the Summer 2024 semester, please contact our Group Coordinator at GroupTherapy@uvu.edu.

Additional groups may be added to the listing below through the end of the day, Friday, May 3.

Monday

TBA

Tuesday

Compassionate & Assertive Communication 3pm-4:20pm

Wednesday

TBA

Thursday

LGBTQ+ Therapy Group 3pm-4:20pm

Friday

General Therapy Group 10am-11:20am

If none of the days/times listed above fits with your schedule, please let us know what your availability is, and we might be able to start a new group that is a better fit for you. In order to provide us with your availability, please go through our online digital portal. Select "Group Therapy" as the treatment option. Choose the "None of these times work for me" option. On the next page, enter your availability, and complete the rest of the paperwork as instructed. It is important that you complete all of the paperwork for your submission to be processed. When your information is received, you will be added to our group wait list and, when we have enough students with the same availability, we will start a new group during that day and time and inform you about the start of the new group.

If you're like most people, you may have some initial apprehension about going to a therapy group. Concerns about what to expect from group are common. The information below is designed to help you better understand what to expect from group.

If my schedule conflicts with the open groups listed, can I request a new group be started? ⊞

How many credit hours do I need to be taking to be eligible for group? ⊞

What are the differences between groups and workshops? ⊞

What are the costs of group therapy or workshops? ⊞

Who leads the therapy groups? ⊞

Who is a good candidate for group therapy? ⊞

Who is **NOT** a good candidate for group therapy? ⊞

What is expected of me in group? ⊞

What do people talk about in group? ⊞

Can I bring someone with me? ⊞

Can I attend multiple groups? ⊞

Can I go to a group as part of a class assignment? ⊞

Can I attend one session to see if it's a good fit for me? ⊞

General group guidelines ⊞

Resources/Self Help

Below is a selection of resources to help you with day-to-day stresses and difficult periods in your life. Please note, this information is not meant to replace a face-to-face consultation with a trained counselor, nor are any of these resources intended to provide any type of online counseling/therapy. If you wish to schedule an initial appointment with a mental health therapist at Student Health Services, please use our digital portal (see above).

Also, if you are facing issues related to food insecurity, housing insecurity, health issues, and/or safety issues, you can go to UVU's ***Coordinated Access to Resources and Education (CARE)*** webpage, which provides information about numerous resources available to UVU students.

In selecting most of the links listed in this section you will be leaving Utah Valley University's website. Because rapid, unexpected changes can occur with other websites at any time, neither Utah Valley University nor Student Health Services endorses these sites, nor are we able to guarantee that the information provided is accurate or timely.

Emergency Resources ⊞

Thoughts of Self-harm or Suicide ⊞

Abusive Situations ⊞

Alcohol abuse/addiction ⊞

Anxiety ⊞

Attention/Focus ⊞

Autism/Autistic Spectrum ⊞

Dating & Relationships ⊞

Depression & Suicide Prevention ⊞

Drug abuse/addiction ⊞

Eating Disorders ⊞

General Self-Help ⊞

Grief ⊞

Mindfulness & Meditation ⊞

Panic Attacks ⊞

Perfectionism ⊞

Self-Assessment ⊞

Sleep ⊞

Stress ⊞

Substance abuse/addiction ⊞

Test Anxiety ⊞

Recommended Reading

Depression and Anxiety ⊞

OCD/Obsessive Compulsive Behavior ⊞

Distress Tolerance and Emotion Regulation ⊞

Eating Disorders/Body Image Concerns ⊞

Grief ⊞

Interpersonal Violence ⊞

Relationship Difficulties ⊞

Self-Esteem ⊞

Self-Compassion ⊞

Training Opportunities

Practicum/Externship Program

Welcome ⊞

Program Description ⊞

Responsibilities ⊞

Supervision ⊞

Scheduling/Length of Placement ⊞

Application Procedure ⊞

DOCTORAL INTERNSHIP PROGRAM

Preventive Outreach Program

What is the Preventive Outreach Program?

Utah Valley University's Mental Health Services (MHS) is committed to doing all it can to improve the mental health and wellness of those within its reach. In order to accomplish that goal in the most efficient and effective manner, MHS disseminates mental health information through outreach initiatives. The information and skills provided by presentations and workshops aims to promote healthy living. These presentations and workshops teach skills that can assist in managing common concerns before they escalate.

Often, wait times for individual therapy services are less than ideal; for this reason, the Preventive Outreach Program consists of presentations and workshops that accommodate larger groups and are led by mental health professionals.

Presentations:

Faculty and staff at UVU can request presentations for classroom or staff audiences. We need your participation for the Preventive Outreach Program to be effective. The presentations will cover topics that are valuable to our student population. Presentation topics cover common concerns such as:

- ***Time Management***: How to plan your time and tasks effectively.
- ***Self-care for Helping Professions***: How to help others without depleting yourself.
- ***Study Skills***: Learn effective study and test taking skills.
- ***Stress Management***: College can be stressful! Learn coping tools for managing daily stressors.
- ***Relationships***: Learn healthy tools for communicating and connecting with others.
- ***Emotions***: We all have them! Learn about how to engage with emotions in healthy ways.
- ***Depression and Anxiety***: How to recognize symptoms, myths of depression and anxiety, and helpful interventions.
- ***Science of Happiness***: Learn how to cultivate happiness in your own life.
- ***Distraction Management***: ADHD or not, we can all increase our skills to make class and study time more effective.
- ***Human Sexuality***: A few basic points for understanding the sexuality of yourself, and others.
- ***Assertive Communication***: Learning about different communication styles can have strong benefits for personal and professional relationships.
- ***Mindfulness for College Students***: Awareness and acceptance are the first steps to better managing stress and juggling complicated lives.

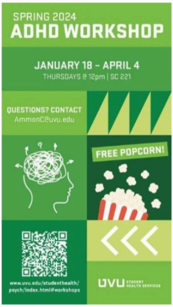
Presentations are also available in the highlights section of @uvumentalhealth on Instagram.

Schedule a Presentation ⊞

QUESTIONS

If you have further questions, please send an email to: *mhspresentations@uvu.edu*

Follow Mental Health Services on Instagram: @uvumentalhealth



SPRING 2024
ADHD WORKSHOP

JANUARY 18 – APRIL 4
THURSDAYS @ 12pm | SC 221

QUESTIONS? CONTACT
AmmonC@uvu.edu

FREE POPCORN!

www.uvu.edu/studenthealth/psych/index.html#workshops

UVU STUDENT HEALTH SERVICES

Workshops :

Student Health Services provides valuable mental health information through psychoeducational workshops.

Mental Health Series Presentations on Instagram: @uvumentalhealth ⊞

ADHD Workshop (*all workshops will be held Thursdays at 12pm at Student Health Services*) ⊞

Mental Health Services Staff

Important Note About Email

Please be aware that therapists are unable to respond to clinical information (such as your current emotional struggles) via email, as email is not confidential. If you have a psychological concern, please make an appointment with your therapist (801-863-8876). Also, please note that email accounts are NOT monitored continuously throughout the day, nor during evenings, weekends, or holidays.

If you are experiencing a mental health crisis and need immediate assistance, please call the national Suicide & Crisis Lifeline at 9-8-8, or dial 9-1-1.

During our business hours Monday-Friday 8:00 a.m.-5:00 p.m. (excluding campus closures), if you are experiencing a mental health crisis, please call the Student Health Services receptionist desk at 801-863-8876 and notify the receptionist that you would like to schedule an appointment with a UVU Crisis Therapist.

If you are in a suicidal crisis, the following resources are also available:

- The ***SafeUT*** app is available to download for free at either the Apple *App Store* or *Google Play*
- Call the toll-free, 24-hour hotline of the national Suicide & Crisis Lifeline at **9-8-8** to be connected to a trained counselor at a suicide crisis center nearest you
- Visit the national Lifeline Chat and Text
- Dial **9-1-1** and ask the police for assistance
- Call the UVU Police at 801-863-5555
- Take yourself to your nearest hospital emergency room
- Text "HOME" to 741741 to connect with a counselor at Crisis Text Line
- Call the Trans Lifeline's Hotline at 877-565-8860, which is a peer support phone service run by trans people for trans and questioning individuals
- Call the Trevor Project (LGBTQ friendly) at 866-488-7386 or visit their online chat/text

Taige Bybee
Director - Mental Health Services
Message Taige Bybee
Professional Profile »
801-863-8876 | SC-221 | MS: 200

Tess White
Doctoral Internship Training Director
Message Tess White
Professional Profile »
801-863-8876 | SC-221 | MS: 200

Laura Heaphy
Practicum/Extern Training Coordinator
Message Laura Heaphy
Professional Profile »
801-863-8876 | SC-221 | MS: 200

Bill Todd
Mental Health Therapist - Group Coordinator
Message Bill Todd
Professional Profile »
801-863-5774 | SC-221 | MS: 200

Laura Dixon
Mental Health Therapist
Message Laura Dixon
Professional Profile »
801-863-8876 | SC-221 | MS: 200

Ben Bailey
Mental Health Therapist - Diversity Coordinator
Message Ben Bailey
Professional Profile »
801-863-8876 | SC-221 | MS: 200

Ammon Cheney
Mental Health Therapist - Outreach
Message Ammon Cheney
Professional Profile »
801-863-8876 | SC-221 | MS: 200

Elyssa Zimmerman
Mental Health Therapist - Outreach
Message Elyssa Zimmerman
Professional Profile »
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Nick Top
Mental Health Therapist - Data and Research
Message Nick Top
Professional Profile »
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Mental Health Therapist - LGBTQ+ Specialist
Mental Health Therapist - LGBTQ+ Specialist
Message Mental Health Therapist - LGBTQ+ Specialist
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Benjamin Bazzi
Mental Health Therapist
Message Benjamin Bazzi
Professional Profile »

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Mary Jacobs
Mental Health Therapist - BIPOC Specialist
Message Mary Jacobs
Professional Profile »

801-863-8876 | SC-221 | MS: 200

Megan Wolfe
Mental Health Therapist - Assessment Coordinator
Message Megan Wolfe
Professional Profile »

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Sariah Collard
Mental Health Therapist- Trauma Treatment Specialist
Message Sariah Collard
Professional Profile »

801-863-8876 | SC-221 | MS: 200

Zach Simmons
Mental Health Therapist
Message Zach Simmons
Professional Profile »

801-863-8876 | SC-221 | MS: 200

Dillon Harper
Doctoral Psychology Intern
Message Dillon Harper
Professional Profile »

801-863-8876 | SC-221 | MS: 200

Sarah Munoz
Doctoral Psychology Intern
Message Sarah Munoz
Professional Profile »

801-863-8876 | SC-221 | MS: 200

Student Health Services | (801) 863-8876 | Room SC-221

STUDENT
ADMISSIONS
ACADEMICS
CAMPUS LIFE
LOOKING TO ATTEND UVU
CURRENT STUDENT
ACCREDITATION

EMPLOYEES
CAREER OPPORTUNITIES
EMPLOYEE RESOURCES
DIRECTORY
PEOPLE & CULTURE

COMMUNITY
ATHLETICS
VISITORS & COMMUNITY
OFFICE OF THE PRESIDENT
ABOUT UVU / HISTORY
ALUMNI
INCLUSION & DIVERSITY
ESPAÑOL
GIVE TO UVU
CONTACT US

UTILITY
COVID-19 INFO
MAPS / PARKING
SERVICE DESK
EMERGENCY
POLICE
GET HELP
SEARCH
ACCESSIBILITY
TITLE IX / EQUAL OPPORTUNITY

News Events

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