

# Intro to UCC

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24/7  
emergency  
mental health  
response

- ▶ Same day appointments during business hours
- ▶ After hours on-call via phone with UCC therapist
- ▶ After hours in person response by Counselors in Residence (CIRs), including with all DPS after hours mental health responses
- ▶ TELUS (MySSP), offers on demand support in five languages and via text or phone

# Initial Assessments

All students have access to one each academic year (8/1-7/31)

Explore current concerns, history of treatment, etc.

Create a treatment that plan that may include:

- Short term therapy at UCC (averages 6-8 sessions)
- Help with referral off campus for longer term or specialized care
- Medication referral (three psychiatry providers)
- Group therapy – 20 groups on average each semester
- Connection to other campus supports



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