

How to use counseling services

Simply call 701.530.7195 or 800.327.7195 to make an appointment. Appointments are taken Monday through Friday 8 a.m. to 4:30 p.m. central time. Counseling offices are located in the CHI St. Alexius Health Technology and Education Center at 1310 East Main Ave. If you are unable to travel to the offices a ZOOM appointment can be scheduled. ZOOM is a HIPPA compliant video meeting that is set up through email.

Calls to address emergency or crisis situations are taken 24 hours a day, seven days a week.

We are here to help

When your personal concerns receive proper attention, everyone in your life benefits – family members, fellow students, instructors, and of course you. Reach out for help during difficult times. It is a benefit that personalizes our commitment to support one another.



Imagine better health.®

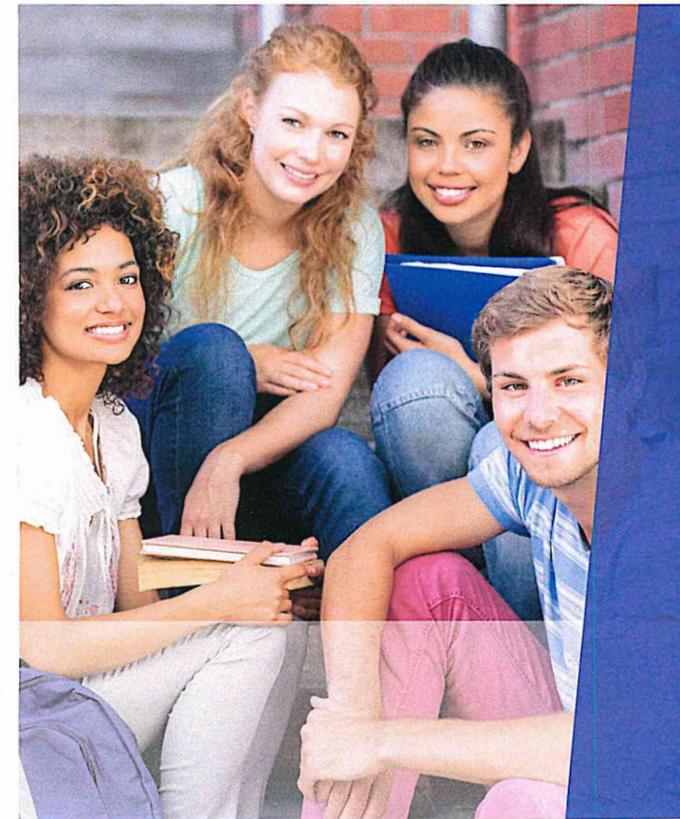
900 East Broadway Avenue
Bismarck, ND 58501
CHISTAlexiusHealth.org

CHI St. Alexius Health
Employee Assistance Program
1310 East Main Avenue
PO Box 5510
Bismarck, ND 58506-5510



Imagine better health.®

University of Mary Counseling Services



nonstock 1073005-8/18

Everyone has problems. Sometimes they get too heavy to carry alone. Talking with someone who understands can be major step toward resolution. The University of Mary is concerned about its students and recognizes that academic performance is affected by personal concerns. Counseling Services are provided to help students resolve personal problems and get their lives back in order.

Counseling Services

These services are a short-term confidential assessment/counseling/referral service staffed by trained professionals at CHI St. Alexius Health Employee Assistance Program (EAP) who help you evaluate your problems and take positive action to resolve them.

How does it Work?

University of Mary provides counseling services to all students and their immediate family. Immediate family includes spouses and /or dependent children living in the same house as the student.

Professional EAP counselors will assess your situation and provide the assistance needed to resolve it. This may include confidential contacts with the counselor or referral to a specialist who is trained in you specific area of difficulty.

We are committed to providing quality, clinical services, professional consultation and training opportunities in a manner that presents solutions for students, enhances academic life, and promotes a well-rounded student experience at the University of Mary.

Adjustment to Student Life

The adjustments to student life can be overwhelming. In a very short time the student needs to adapt to a new life style that includes being away from home, new schedules, new roommates, dorm life, increased academic demands, and new relationships. Discussing these concerns with a professional counselor helps to develop coping mechanisms to lessen the impact of this new environment and life style.

Available Services

- Academic pressures
- Anger
- Bullying
- Depressed mood
- Emotional and behavioral concerns
- Family concerns
- Financial difficulties
- Loss of motivation
- Relationship difficulties
- Relationship violence/sexual assault
- Roommate conflicts
- Self-esteem
- Self-motivation
- Sexual harassment
- Stress and anxiety
- Substance use/abuse
- Suicidal thoughts
- Test anxiety
- Uncertainty about career and life goals
- Weight/eating concerns

Confidentiality

The most basic component of counseling services is confidentiality. When you use the service no one else is told anything unless you sign to release information to specific people for a specific purpose.

Cost

Counseling services provides you with five counseling sessions without cost to you or your family. If you should be referred to another community agency, the service may be covered by your health insurance or other resources. The counselor works with you to determine the best option to minimize cost.

All counseling services provided by CHI St. Alexius Health are provided in a manner consistent with the Ethical and Religious Directives for Catholic Health Care Services established by the *United States Conference of Catholic Bishops*.

