Staff Spotlight

The Counseling Center would like to recognize their receptionist, Diana Frost, who received the Sue Follon Exemplary Service Award in January 2019! Diana is the first point of contact for students seeking counseling services. Diana delivers care with warmth and kindness which helps put anxieties at ease. We appreciate Diana’s dedication to Counseling Center staff and students at UNI.

Counseling Center

If a group has already started, you may still call and join the next group rotation!

NEW Groups

PROCESSING/SUPPORT GROUP
MONDAYS AT 3:00

STARTING
01
28
19

Schedule your orientation to group session by calling 273-2676

STARTING JANUARY 31!

Anxiety SUPPORT GROUP
Thursdays at 1

Process experiences and learn strategies to help manage and reduce symptoms of anxiety, panic, social anxiety.

GRIEF SUPPORT GROUP
Starting February 19
Thursdays at 3:00

TAKE STEPS TOWARDS PROCESSING AND WORKING THROUGH GRIEF WITH OTHERS WHO ARE ALSO WORKING TOWARDS NEW HOPE AND HEALING
Do It 4 You Social Norms Campaign

Student Wellness Services developed an alcohol and other drug social norms campaign based on data from the Spring 2017 UNI National College Health Assessment. The data shows that many UNI students greatly overestimate the amount of high-risk drinking or drug use that occurs at UNI. Contrary to this belief, our data shows that many UNI students are making responsible and healthy choices related to alcohol and other drugs.

We are seeking to provide students with an accurate picture of alcohol and other drug use on campus in effort to influence healthy behaviors and reduce substance abuse at UNI. The campaign will be featured through a variety of message delivery strategies from January 14 - February 11. For questions or to learn more about the campaign, email wellness@uni.edu.

Eating Disorder Awareness Week • • Feb 25-March 3

Come check out Sarah Thompson, on February 26th at 7 pm. in the Commons Ballroom, to hear her speech, "But You Don't Look Like You Have An Eating Disorder, And Other Avoidable Barriers To Recovery." She will use stories from her own recovery after having an eating disorder for 18 years, to address barriers and access to eating disorder treatment, such as, fatphobia, homophobia, and transphobia.

Student Health Clinic

The pharmacy is available to answer questions or help you select a product from our wide variety of over-the-counter medications. Medication can be purchased up-front or charged to your University U-Bill.

We also offer many prescription medications, such as birth control pills and antibiotics, at very competitive prices and accept most major insurance cards.

To learn more about transferring your prescriptions to the UNI pharmacy, how to refill, and more, visit pharmacy.uni.edu

Med Safe Deposit Box

The UNI Pharmacy now has a MedSafe, a receptacle to collect your unused medications. Any medications, including Over the Counter, Prescription, and even Controlled Substances can be brought to the UNI Pharmacy. The medications are securely collected and then sent to be incinerated, which prevents the medication from cycling back into our water supply. Drop off your unused medication anytime during regular business hours.