



We all need someone to talk to  
from time to time.

College is an exciting, new chapter in our lives, but it can also be overwhelming.

Did you know...

**UC** has a Licensed Professional Counselor on campus who can help with these feelings?

Other issues we assist students with are:

- Depression
- Anxiety
- Trauma
- Substance Abuse
- Adjusting to college life
- Guidance Counseling

**All sessions are confidential.**

To set up an appointment, simply email the counseling office at  
[uc-counselor@ucwv.edu](mailto:uc-counselor@ucwv.edu)

or call

304-357-4862

