

ABOUT US

We serve the mental health care needs of students, faculty, and staff. Many experience life events or academic pressures that leave them feeling anxious, confused, lonely, angry, depressed or overwhelmed. When those feelings persist for more than just a few days, it is often helpful to speak with an unbiased, objective professional. Any personal issue that is troubling may be discussed in counseling.

OFFICE HOURS

Counseling services are available for students, faculty, and staff.

**Monday - Friday
9:00am-8:00pm**

To schedule an appointment please use this link -

<https://auamed.medicatconnect.com>

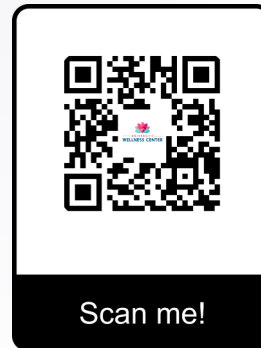
Office hours are modified during School Breaks.

The University Counseling Center is closed on all Observed Holidays.

american international college
of arts and sciences | antigua



WE ARE HERE FOR YOU...



@aia_ucc - Instagram



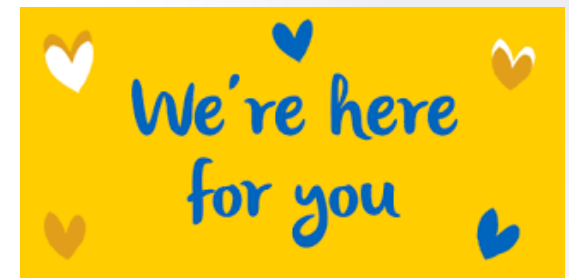
University Counseling Center

AUA Wellness Centre
University Park, Jabberwock Beach Road
P.O. Box 1451W
Coolidge, Antigua

Phone: 268-484-8900 x1587
E-mail: UCC@auamed.net

AUA EMERGENCY PHONE: 268-764-0164
After Hours Only: 4:30pm—8:00am

University Counseling Center



<https://tinyurl.com/AUAUCCInfo>





CONFIDENTIALITY

The University Counseling Center staff maintain professional ethical standards, regarding confidentiality. We honor the client-counselor relationship. Therefore, confidentiality is one of the most important parts of each counseling session. Upon entering counseling, clients are notified of the privacy policy and the limits of confidentiality.

Documentation from sessions is **not** placed in any personnel, academic, or educational file regarding attendance, content of sessions, or progress.



COMMON ISSUES

Anger Management
Adjusting to AUA and Antigua
Depression
Grief / Loss
Academic Difficulties
Motivation
Negative Thoughts
Stress and Anxiety Management
Relationship / Family Problems
Test Anxiety



Release of Information

A *Release of Information* form must be completed and submitted to receive an assessment summary. Requests will be completed within seven (7) business days of receiving the form.

Medication Management

Medications shipped to Antigua, must be cleared at the Port. Clients must send an *email* to the University Health Clinic (UHC) to request a *Medication Release Letter*. The *prescribing physician* must also send a request to clinic@auamed.net.

OUR COUNSELORS

Our counselors are fully licensed and/or certified in the counseling field.

- ♦ **Dr. Sonya Ford**, LCPC, NCC, NCSC, BC-TMH
Wellness Center Director
- ♦ **Ms. Holly Christopher**, MSc, MBPsS, M-RAS
Counselor
- ♦ **Mr. Sydney Retemyer**, MSc, M-RAS
Counselor

We have a psychiatrist on staff for medication management and psychiatry evaluations (*Note: These are **not** Neuropsychological Evaluations for USMLE/NBME purposes*).

- ♦ **Dr. Chenelle Joseph**, MD
Psychiatrist



SERVICES

Crisis Intervention
Consultations
Community Outreach
Educational Workshops
Individual & Group Counseling
Medication Management
Prevention
Psychiatry Evaluations
Referrals