

## UMATTER

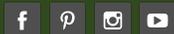
UMatter is the "outreach arm" of the Counseling & Wellness Center. This program aims to

- **increase awareness** about how mental health and mental illness impacts our students
- **decrease the stigma** that prevents students from accessing help, and
- **increase bystander intervention** if students, staff, or faculty see a student in distress.

### The UMatter Program offers:

- Internship opportunities for undergraduate and graduate students
- Campus-wide events that raise awareness about how mental illness impacts our community
- Peer -led presentations on how to be an advocate for positive mental health
- Training to students, staff, and faculty on helping students in distress and suicide prevention
- Self-help resources online and in our UMatter Library
- Partnership with Chico community organizations

Find more resources at UMatter Chico State



Life is tough, but so are you.

*The common goal of our office is to assist students in making the best possible use of their educational experience at CSU, Chico by overcoming obstacles to learning, identifying options, and developing specific survival skills.*

**For more information, call us, drop by our office or visit our Web site:**

**Counseling & Wellness Center**  
530-898-6345  
[www.csuchico.edu/counseling](http://www.csuchico.edu/counseling)

**UMatter**  
530-898-3456  
[ww.csuchico.edu/umatter](http://ww.csuchico.edu/umatter)

Our office is located in  
Student Services Center  
Room 430

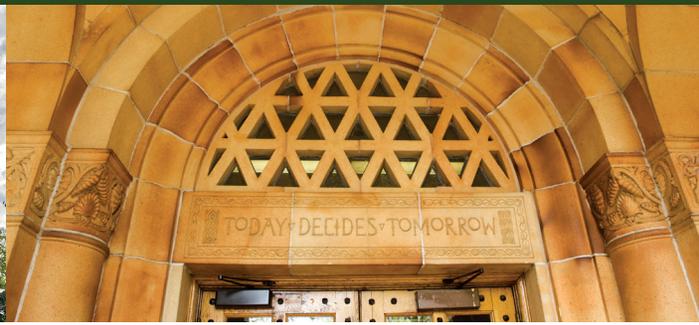
## COUNSELING & WELLNESS CENTER



*Learn to manage problems today, for a better tomorrow.*



CALIFORNIA STATE UNIVERSITY, CHICO



## THE COUNSELING CENTER

The Counseling Center offers free counseling services to regularly enrolled students. Individual, couples, and group formats are used to improve interpersonal skills, self awareness, problem-solving ability, and spiritual/emotional integration. The Counseling Center also assists the University community in providing the optimal environment in which students can learn.

### Some of the many concerns we help students explore include:

- Stress and anxiety
- Depression
- Loneliness and isolation
- Difficulty feeling connected on campus
- Conflicts in relationships
- Values clarification and help with making important life decisions
- Coping with traumatic events
- Leading a well-balanced life
- Veteran concerns
- Sleep or eating disturbances
- Suicidal thoughts
- Gender identity
- Sexual concerns

## GROUP COUNSELING

At our center, we offer a variety of groups to meet student needs. All of our groups are led by experienced counselors. In addition to providing mutual support and feedback, group counseling provides the opportunity to practice new behaviors and assert yourself in ways that are not possible in individual counseling.

### Advantages of Groups

*Research shows that group counseling:*

- Reduces isolation
- Provides greater symptom relief
- Is equal to or more effective than individual treatment
- Is a powerful method of overcoming low motivation, depression, lack of assertiveness, low self-esteem, eating disorders, and other issues

## COUNSELING INTERNSHIPS

Every year we have graduate students in psychology and in social work working as trainees/interns providing counseling services under the supervision of a licensed staff counselor. Our trainees/interns perform individual, couple, and group counseling, as well as get experience in assessment, crisis intervention, case conceptualization, case notes, and outreach.

Central to our program is our clinical supervision. Our staff is highly experienced and diverse in background with different styles of counseling and supervision. Each week trainees receive an hour of individual supervision, two hours of group supervision and training, and an additional hour of diversity training.

Trainees in our center are treated as part of our counseling team with its associated standards of ethical and professional conduct. Many of the therapists in the Chico community have received training through our internship program.