There are a few on campus and off campus resources to help students navigate through personal issues, as well as a few who help academic life easier on campus while helping prepare students for their future careers.

Courtesy Flickr user @HeyPaulStudios

With the demand of classes, extracurricular activities, jobs and try
find internships, college can be a stressful and confusing place. It can also be a place where it is easy to get overwhelmed and need some help navigating through that. However, there are a few on campus and off campus resources to help students navigate through personal issues, as well as a few who help make academic life easier on campus while helping prepare students for their future careers.

**Mental Health**

**Counseling and Psychiatric Services (CAPS)**

Located in the University Health Center, Counseling and Psychiatric Services (CAPS) is a resource available to students who need on campus access to programs and workshops, psychiatric services, and counseling. Those who have paid the student health fee are able to access them at a lower price. While they only provide short-term counseling for individuals and couples, they do allow people to use their group counseling and workshops as long as needed. They also have a crisis hotline for students who may have a mental health issue after business hours.

**Center for Counseling and Personal Evaluation: Aderhold Counseling**

The Center for Counseling and Personal Evaluation in Aderhold H...
offers individual, couples and family counseling to people of various ages. It also provides services addressing issues such as learning disabilities. Unlike CAPS, services can be long term. Counseling is provided by graduate clinicians and costs are done on a sliding scale.

UGA Psychology Clinic

The UGA Psychology Clinic is part of the psychology department and also done with graduate students. While they were created to address clients of multiple age groups, their adult therapy services include around addressing stress, coping mechanisms, behavioral problem other psychological concerns. They currently don’t accept medical insurance, but costs are done on a sliding scale. They will place potential clients on a waiting list or refer them to other resources if they are unable to take new clients.

“We do cognitive behavior therapy here, so it’s normally a short term depending on the client, in that it can last a couple of months to a year or so,” said Dona Stephenson, an administrative assistant at the Psychology Clinic.

Acquiring Strategies for Personal Improvement and Relationship Enhancement (ASPIRE) Clinic

The Acquiring Strategies for Personal Improvement and Relations Enhancement (ASPIRE) Clinic is located in the McPhaul Center. While they do not provide psychological evaluations, Michelle Green, an intern at ASPIRE, did list their services as including individual therapy, relationship therapy, therapy for financial, nutrition and legal services. While their financial, nutritional and legal services are free, fees for therapy services can range from $15 - $65. Training professionals from the UGA Law School and the College of Family and Consumer Sciences are used, and there is no limit on how long their services can be used.

Samaritan Center for Counseling and Wellness
The Samaritan Center for Counseling and Wellness is a community resource located downtown at 455 North Lumpkin St. They provide counseling, education and wellness programs, and consultation. They offer their services regardless of if a client can pay. Their consultation services include career advice and helping with performance issues, while some of their wellness programs include yoga and wellness counseling.

Advantage Behavioral Health Systems

Located in Athens at 250 North Ave., Advantage Behavioral Health Systems offers a variety of community services such as crisis services, counseling services, substance abuse treatment, criminal justice services, and community-related services among others. Services can be done on a long-term basis, and costs are done on a sliding scale for those who qualify. However, they do accept insurance, and they provide crisis services despite payment ability.

The Georgia Crisis and Access Line

If you are having an immediate mental health crisis, the Georgia Crisis and Access Line is available as a resource. The number is 1-800-715-4225.

Academic help

The Division of Academic Enhancement

The Division of Academic Enhancement is an extensive resource that offers services such as tutoring, the Freshman College Summer Experience Program, academic coaching and others. They also provide courses that help train students in certain skills, such as academic writing and learning to think critically. Tutoring is free and available in areas such as business, writing, foreign language and others. They also host TRIO, a federal program aimed towards disadvantaged students.
Exploratory Center for Student Advising

The Exploratory Center for Student Advising is there for students haven’t decided on a major yet. They are also available for majors one has to apply later on, such as intended business and any of the majors in Grady College of Journalism and Mass Communications. They help a student figure out what they need to do to stay on track until they decide on a major.

UGA Writing Center

At the UGA Writing Center, both undergraduate and graduate students can get help on their academic writing. While they do not limit what subject the writing is in, they do not proofread or edit like the some of the tutoring services in the Division of Academic Enhancement. They offer tutoring and workshops on writing, as well as teaching proofreading skills.

Disability Resource Center

The Disability Resource Center provides services to students with disabilities, whether they be physical, psychological, learning related, or others. Among some of those resources are providing note takers, transportation accommodations, testing accommodations, housing resources, and others. They also have scholarship opportunities for qualified students.

Career Center
The Career Center offers a variety of services to help students prepare for their academic and professional life. Aside from events such as Intern for a Day and career fairs, they also host workshops on how to prepare for interviews, write a resume, search for jobs and other topics. They also provide information for graduate school, whether that is applying for it, learning how to plan for a career after it, or taking a break before attending. They also help with internship and job searches, as well help students build their skills in the job market.