

Tuesday, September 2, 2008

## Graham Health, Counseling centers to host open house

By **Eric Reikowski**, media relations assistant

**Graham Health Center** (GHC) and the OU **Counseling Center** will host a joint open house on Thursday, Sept. 4, from 1 p.m.-4 p.m. in the GHC lobby. Students are invited to come and learn about the resources available to them as they prepare to face the challenges of a new semester. They can get information on healthy living, including practical advice on dealing with stress, anxiety, depression, sleep disorders, eating disorders, substance abuse and relationship issues.

GHC staff will provide information about the services it offers, from treating routine illnesses and injuries, providing physical examinations and vaccines, conducting lab tests and prescribing certain medications. Starting Sept. 2, GHC will have extended hours, staying open until 7 p.m. on Tuesdays and Wednesdays, said Joanne Talarek, director of GHC.

"We've also created our own Facebook page," Talarek added.

During the open house, staff from the Counseling Center will introduce students to a variety of mental health and wellness services available on campus. The staff includes three licensed psychologists and several closely supervised intern counselors who are in the process of obtaining doctoral degrees. They are available to assist students who may be dealing with homesickness, grief and loss, anger, sadness and other emotional issues.

"We operate on a short-term intervention model," said Bela Chopp, director of the Counseling Center. "Students are offered six free counseling sessions and each additional session costs \$12. Most students attend an average of 6-8 sessions, which typically last around 45 minutes."

A psychiatrist is available to evaluate patients and prescribe medications, if needed. Psychiatric sessions cost \$50 for the first appointment and \$30 for each follow-up session. All sessions are confidential and are not included in the patient's academic records.

Career counseling is also offered, along with testing services to identify students who may be struggling with learning challenges or behavioral disorders. In addition, the Counseling Center regularly sponsors presentations on topics such as managing stress, handling interpersonal conflict, and recognizing depression. Alcohol and substance abuse screenings are also offered. GHC and Counseling Center services are open to the public.

The GHC and Counseling Center are located north of Wilson Hall on the west side of The Lake.

For more information on available services, visit the **GHC and Counseling Center** Web site or call (248) 370-3465.

### SUMMARY

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Created by CareTech Administrator (webservices@caretechsolutions.com) on Tuesday, September 2, 2008  
Modified by CareTech Administrator (webservices@caretechsolutions.com) on Tuesday, September 2, 2008  
Article Start Date: Tuesday, September 2, 2008