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Free, discounted counseling available

By *Jennifer Charney, OU Staff Writer*

If you need confidential help with personal issues such as depression, anxiety, relationship difficulties, family conflict, grief or loss, self-esteem, substance abuse, or crises, there's discounted and free counseling on campus for OU employees — at **Graham Health and Counseling Center** and the **Practicum Counseling Center**.

This article is the fourth in a weekly series on OU employee discounts and services. The **first story** covers various discounts. The **second story** features entertainment discounts. The **third story** lists fitness and health services. Upcoming stories will cover discounts on services for children, career counseling, and theme parks and attractions.

Graham Health and Counseling Center

Counselors at **Graham Health and Counseling Center** are available to discuss personal concerns of individuals, couples or families and will work with them to develop new ways of resolving or mastering their problems.

OU staff members are seen on a per session fee basis. The fee is \$80. The center has a sliding fee scale ranging from \$15 per session to \$80. To qualify for a reduced fee, you must submit proof of income, usually in the form of the previous year's 1040 IRS form.

Counseling is **confidential**. Information obtained during counseling sessions will not be disclosed to any outside persons or agencies without the client's written permission, except when required by law.

The Counseling Center is located in the east wing of the Graham Health Center just north of Meadow Brook Theater. To schedule an appointment or ask a counseling question, call the center at (248) 370-3465.

Practicum Counseling Center

The **Practicum Counseling Center** is a teaching facility for the counselor education program at Oakland University. The center, at 121 O'Dowd Hall, enables graduate students to integrate and apply counseling theory with practice as well as provide supervised professional counseling to persons in need at no cost.

For more information or to register, visit the **Practicum Counseling Center** Web site or call (248) 370-4187 or (248) 370-4176.

SUMMARY

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