

***What about confidentiality?
Will my sessions be part of
my academic record?***

Counselling records are not a part of your academic record. You must give written permission to have information about you released, except when persons' safety is threatened or as legally required.

Is there a fee?

There are no charges for Counselling services provided by SCS.

How can I schedule an appointment?

You can schedule appointments in person or by telephone. You may also request appointments via email. Please bear in mind that no email is entirely confidential.

***SERVICES ARE ACCESSIBLE TO
ALL REGISTERED UTT STUDENTS
AT OUR VARIOUS CAMPUSES***



**STUDENT COUNSELLING
SERVICES
CONTACT INFORMATION**

student.counselling@utt.edu.tt

Ms. Arlene Amann-Maximay - 722-0188

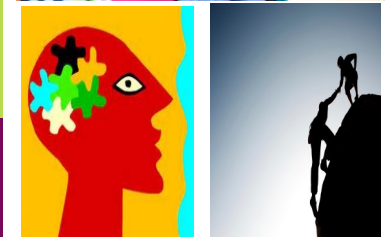
Ms. Anna Maria Mora - 363-7948

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SCS
STUDENT COUNSELLING
SERVICES



**A
GUIDE FOR
STUDENTS**

**WE ARE HERE TO HELP YOU
ACHIEVE YOUR GOALS**

SCS About Us

The problems and challenges faced in life can be addressed in many ways. Many people adapt to life's challenges by using their personal resources, friends, family or religious faith. Counselling is another option. At times our concerns develop to a point when intervention by a qualified professional could be useful in facilitating growth and adaptation to change.

Issues addressed in counselling include but are not limited to:

- Stress management
- Relationship problems
- Anger management
- Grief and loss
- Learning difficulties
- Social anxiety

ACCESSING THE SCS

Counselling services are accessible to all registered students of The University of Trinidad and Tobago.

- Counsellors are available Monday to Friday (except University and Public Holidays) from 8:00 a.m. to 4:30 p.m.
- There will be extended hours to facilitate part-time students at least one day a week. Check with your Campus Counsellor.
- In crisis situations, students will be accommodated on a walk-in basis as far as possible.

If a crisis occurs outside of our hours of operation, students can access the following:

- **Lifeline** **645-2800/6616**
- **Domestic Violence Hotline** **800-SAVE(7283)**
- **Rape Crisis** **622-7273/657-5355/622-1079**
- **St Ann's Hospital** **624-1151/4**
- **AIDS Hotline** **800-4HIV;625-2437**

IN CASE OF EMERGENCY students should contact emergency services—EHS, Ambulance, Police etc.

SOME FREQUENTLY ASKED QUESTIONS:

Why do students access SCS?

Students consult SCS for assistance with personal, emotional, social and academic problems and concerns.

What types of services does SCS offer?

A range of services are offered to support registered students including short term individual counselling and psychotherapy, crisis intervention and assistance, as well as group activities.

What can I do if I am concerned about a friend?

Students can speak confidentially with their Counsellor about their concerns. Please note however that it is not possible to schedule an appointment for someone else.