You may want to seek counseling for any of the following issues:

- relationships issues (ending/beginning/dating/parental)
- family issues
- self-esteem issues
- depression
- anxiety/stress
- grief and loss issues
- sexual identity issues
- sexuality/sexual choices
- alcohol/drug use/abuse
- eating disorders
- academic concerns
- many other challenges/concerns

How do you begin?
Contact Julie Byrnes
Berg Hall, Elko Campus
775.753.2271
julieb@gwmail.gbcnv.edu

or your branch campus director

If you are in crisis and can't wait, please call one of the following:

1.877.885.HOPE (4673)  Nevada Suicide Prevention Hotline
1.800.992.5757 (Elko Mental Health Center After Hours Crisis Line, good in all areas)
1.800.273.TALK (8255)  National Suicide Prevention Lifeline

What is counseling?
Counseling is a process of self-discovery that can help people learn how to deal more effectively with situations in their lives such as depression, addiction and substance abuse, stress, problems with self-esteem, grief, issues related to mental and emotional health, and relational problems. This process helps people feel more comfortable with themselves, others, and helps develop some of the skills needed to deal with the tensions that come from inside.

Who benefits from counseling?
The therapy/counseling process helps people get “unstuck”. Through the development of insight and increased self awareness, people are able to gain a better understanding of their own behavior and the issues, feelings and events that motivate them. The most useful benefit of therapy is often an improvement in health and well being. This often translates into increased self-confidence, productivity and a greater sense of vitality and peace of mind. People of any age can grow and profit from the experience of therapy. There is no “wrong” time to begin!

What can I expect?
Counseling is a type of learning about oneself, one’s feelings, and one’s relationships with others. As in any learning environment, individuals will benefit most if they participate actively, attend sessions on time and are open and honest with the counselor. In turn, the counselor will listen to the individual’s concerns, assist him/her in setting and reaching appropriate goals and will respect his/her confidentiality. Counselors abide by the ethical principles of the American Counselors Association and individuals can expect to have services delivered in a professional, legal and ethical manner.

Who will be available?
Karmen Boehlke, BA, MS Candidate, is a counseling intern from the Department of Counselor Education at the University of Nevada, Las Vegas. Upon completion of her master’s degree, Karmen intends to pursue a PhD. In addition, she is working toward an Advanced Certification in Addictions Treatment. As a McNair Scholar and a member of the UNLV Honors College, Karmen designed and conducted two undergraduate research studies, including IRB review/approval, data collection, data analysis, article preparation and publication, poster and oral presentations, etc. Clinical experiences include participation in individual and group counseling as both a leader/counselor and participant/client. Karmen brings a plethora of employment/professional experience to the counseling profession.

Larry Ashley, EdS, LADC, LMSW, LPC CPGC, Direct Counseling Intern Supervisor, has been involved in the substance abuse and trauma field for over 30 years as a college professor, researcher, and therapist. He is currently Addictions Specialist and Undergraduate Coordinator in the Department of Counselor Education at the University of Nevada, Las Vegas, Director of the Problem Gambling Treatment Program, and Clinical Assistant Professor in the Departments of Psychiatry and Internal Medicine, University of Nevada School of Medicine. Due to his extensive clinical experience coupled with opportunities for local, national, and international speaking engagements, Professor Ashley is considered to be a leading expert on Post Traumatic Stress Disorder and issues related to addictions. He has a special interest on the impact of war on soldiers world wide.
Great Basin College has obtained a new, quality service to assist students with interventions and support for emotional difficulties and mental health issues.

In partnership with Communities in Schools (CIS), the UNLV Department of Counselor Education, and NE Nevada AHEC, you can receive services that are:

- of no cost to you.
- completely confidential.
- supervised by a 30-year veteran of the field who is a college professor, researcher, and therapist.
- provided by a counseling intern from the UNLV graduate school program, based at the University of Nevada, Las Vegas.
- scheduled in a private, secure location on your campus via interactive video
- **PRIVATE!** No records are maintained on your campus.

...help is a phone call away.