



# COUNSELING SERVICES

# AUA

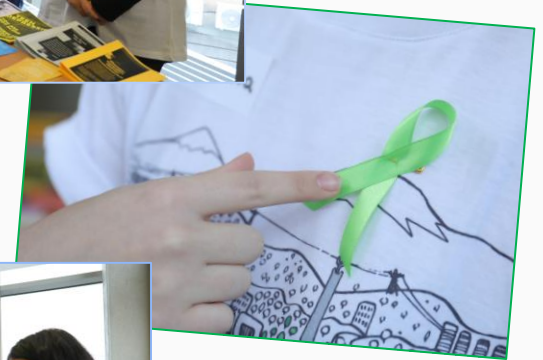
*American University of Armenia*



# Office of Student Affairs

## Counseling Services

Professionally trained staff provide confidential and caring counseling services to all AUA students including individual and group counseling, crisis intervention, special workshops, mental health awareness campaigns, referral services and much more.



# **Counseling Services**

***The service works with AUA matriculated students***

- ***Free of charge***
- ***Confidential***
- ***Students get professional support***

# Why Mental Health

*“Mental health is fundamental to overall health and productivity. It is the basis for successful contributions to family, community, and society. Throughout the life span, mental health is the wellspring of thinking and communication skills, learning, resilience and self-esteem.”*

*Mental Health: Culture, Race, and Ethnicity (2001). US DHHS*

# *Direct services to the students*

- **Individual Counseling sessions**
- **Groups sessions**
- **Referrals to other services of professionals**
- **Crisis interventions**



# Outreach

- **Workshops for the students – up to 20 participants**
- **Psycho-educational group discussions – up to 10 participants**
- **In-class presentations**
- **Mental-health awareness day/week annually**
- **Coffee-chat with faculty**
- **Movie-screenings followed by discussion**

# Satisfaction Survey Results

- The problems that brought me to counseling have improved due to the sessions – 83%
- My academic life has benefited – 50%
- I feel more confident about decision making – 50%
- I would recommend others to approach counseling services – 100%
- If needed in the future, would you approach the services again?- 100%

# *Office of Student Affairs*

## Disability Support Services

AUA aims to establish a learning environment which supports diverse student learning abilities and addresses challenges students may face in pursuit of their education.

Students with physical, psychological, or sensory conditions, be they chronic or temporary, can access the University's Disability Support Services.

DSS will assist students who are in need of accommodations in and outside of the classroom.



# Why do we need DSS?

Auditory

Vision

Mobility

Attention

Neurological

Psychological

Cognitive

Medical

2/3 of all disabilities are hidden  
("invisible")

1/3 of all disabilities are  
psychological (mental illnesses)

# *What do we need to do?*

## Student

- Fills in the form and schedules individual meeting
- Defines the educational needs and what can be done to accommodate their needs
- Provide access to assistive technologies

## Faculty

- Contact the faculty and meet individually
- Discuss the possible accommodations
- Keep in touch during the semester

# Contacts

**Yelena Sardaryan, MA, MPH,**

**[yelena.sardaryan@aua.am](mailto:yelena.sardaryan@aua.am)**

**+374 – 60 61 25 19**

**Counseling Services:** <https://studentaffairs.aua.am/counseling-services/>

**Disability Support Services:** <https://studentaffairs.aua.am/disability-support-services/>