We Have Behavioral Health!

Tell your provider if you would like to talk to him!

Available for individual appointments, he can help with:
- Stressful Life Situations
- Insomnia
- Lifestyle Change for chronic medical conditions
- Weight Loss
- Depression & Mood
- Substance Abuse Problems
- Quitting Smoking
- Tension Headaches
- Child Behavior Concerns
- Anxiety
- Chronic Pain

Upcoming Classes

Stress Management:
Come learn about the impact of stress on your health & well-being, along with simple tools to reduce stress and improve mood. Drop-ins welcome, can attend topics of interest or three-week series as desired.
Offered Fridays 1200-1300 each month
1st Friday - Common Reactions to Stress and Coping
2nd Friday - Brief Mindfulness Based Stress Techniques
3rd Friday - Challenging Negative Thoughts

Tobacco Cessation
Over half of all smokers want to quit and nearly half make an attempt to quit each year (CDC, 2015). Behavioral support greatly increases your chance of success. Designed to provide ongoing support during a quit attempt, each session reviews simple strategies to significantly increase chance of success and also provides group support for ongoing success.
Offered 1st and 3rd Fridays 1300-1400 monthly
Drop-ins welcome!

Healthy Sleep
1 in 10 Americans have chronic sleep difficulties & over 1 in 3 experience episodic insomnia (AASM, 2014). Come learn principles of Cognitive Behavioral Therapy for Insomnia, one of the leading treatments for insomnia. Drop-ins welcome for initial group class with opportunity for individual follow-up as needed.
Offered 2nd and 4th Mondays 1100-1200 monthly

For ALL classes, check in outside Family Health Clinic in Rm A1034-C

Individual BHC appointments are available for dependents only and a brief record is noted in AHLTA.
Students are encouraged to speak with their provider about University Counseling Services and attend group classes above!