|  | <!DOCTYPE html> |
| --- | --- |
|  | <html lang="en" dir="ltr"> |
|  | <head> |
|  | <meta charset="utf-8" /> |
|  | <script async src="<https://www.googletagmanager.com/gtag/js?id=UA-1254336-5>"></script> |
|  | <script>window.dataLayer = window.dataLayer || [];function gtag(){dataLayer.push(arguments)};gtag("js", new Date());gtag("set", "developer\_id.dMDhkMT", true);gtag("config", "UA-1254336-5", {"groups":"default","anonymize\_ip":true,"page\_placeholder":"PLACEHOLDER\_page\_path"});gtag("config", "G-2P4EJPSFWK", {"groups":"default","page\_placeholder":"PLACEHOLDER\_page\_location"});</script> |
|  | <link rel="canonical" href="<https://counseling.uoregon.edu/outreach>" /> |
|  | <meta name="Generator" content="Drupal 10 (https://www.drupal.org)" /> |
|  | <meta name="MobileOptimized" content="width" /> |
|  | <meta name="HandheldFriendly" content="true" /> |
|  | <meta name="viewport" content="width=device-width, initial-scale=1.0" /> |
|  | <meta name="msapplication-config" content="/modules/contrib/uo\_core/browserconfig.xml" /> |
|  | <link rel="icon" href="[/themes/contrib/uo\_cosmic\_theme/favicon.ico](https://counseling.uoregon.edu/themes/contrib/uo_cosmic_theme/favicon.ico)" type="image/vnd.microsoft.icon" /> |
|  | <link rel="icon" href="[/modules/contrib/uo\_core/uo-web-design-framework/images/favicons/favicon-32x32.png](https://counseling.uoregon.edu/modules/contrib/uo_core/uo-web-design-framework/images/favicons/favicon-32x32.png)" /> |
|  | <link rel="icon" href="[/modules/contrib/uo\_core/uo-web-design-framework/images/favicons/favicon-16x16.png](https://counseling.uoregon.edu/modules/contrib/uo_core/uo-web-design-framework/images/favicons/favicon-16x16.png)" /> |
|  | <link rel="apple-touch-icon" sizes="180x180" href="[/modules/contrib/uo\_core/uo-web-design-framework/images/favicons/apple-touch-icon.png](https://counseling.uoregon.edu/modules/contrib/uo_core/uo-web-design-framework/images/favicons/apple-touch-icon.png)" /> |
|  | <link rel="manifest" href="[/modules/contrib/uo\_core/manifest.json](https://counseling.uoregon.edu/modules/contrib/uo_core/manifest.json)" /> |
|  |  |
|  | <title>Events and Workshops | Counseling Services</title> |
|  | <meta name="theme-color" content="#154733"> |
|  | <meta name="msapplication-navbutton-color" content="#154733"> |
|  | <meta name="apple-mobile-web-app-status-bar-style" content="#154733"> |
|  | <link rel="stylesheet" media="all" href="[/sites/default/files/css/css\_2ULdecmtcySC3PGduKzzXvFmNGCvcBYgQU-Xs4y29Nc.css?delta=0&amp;language=en&amp;theme=cosmic&amp;include=eJxtj-EKwjAQg19oXR9Jbm02D3u9ctcy9OnVgQ7Bf8lHAonfvUPiQo4pqQunHy1wpw3-8oZY1YQKPzANvRxk1doD7XCVEw4NO5aQ4bzVsBoJdrVbSCqtoB9Bd8g3\_Tb\_K8eWRkabUbt6zDYalfkk86htLIX9ijwJMlNcuXTYnKh11vp5UjXjCXVeW3A](https://counseling.uoregon.edu/sites/default/files/css/css_2ULdecmtcySC3PGduKzzXvFmNGCvcBYgQU-Xs4y29Nc.css?delta=0&language=en&theme=cosmic&include=eJxtj-EKwjAQg19oXR9Jbm02D3u9ctcy9OnVgQ7Bf8lHAonfvUPiQo4pqQunHy1wpw3-8oZY1YQKPzANvRxk1doD7XCVEw4NO5aQ4bzVsBoJdrVbSCqtoB9Bd8g3_Tb_K8eWRkabUbt6zDYalfkk86htLIX9ijwJMlNcuXTYnKh11vp5UjXjCXVeW3A)" /> |
|  | <link rel="stylesheet" media="all" href="<https://cdn.uoregon.edu/uocdn1/uo-web-design-framework/Releases/24.07/v1/css/styles-drupal8.css>" /> |
|  | <link rel="stylesheet" media="all" href="[/sites/default/files/css/css\_s5J8sGKb3OYovgm6UIvhVSPVsDxoQ-ZyhhwxglGiPhQ.css?delta=2&amp;language=en&amp;theme=cosmic&amp;include=eJxtj-EKwjAQg19oXR9Jbm02D3u9ctcy9OnVgQ7Bf8lHAonfvUPiQo4pqQunHy1wpw3-8oZY1YQKPzANvRxk1doD7XCVEw4NO5aQ4bzVsBoJdrVbSCqtoB9Bd8g3\_Tb\_K8eWRkabUbt6zDYalfkk86htLIX9ijwJMlNcuXTYnKh11vp5UjXjCXVeW3A](https://counseling.uoregon.edu/sites/default/files/css/css_s5J8sGKb3OYovgm6UIvhVSPVsDxoQ-ZyhhwxglGiPhQ.css?delta=2&language=en&theme=cosmic&include=eJxtj-EKwjAQg19oXR9Jbm02D3u9ctcy9OnVgQ7Bf8lHAonfvUPiQo4pqQunHy1wpw3-8oZY1YQKPzANvRxk1doD7XCVEw4NO5aQ4bzVsBoJdrVbSCqtoB9Bd8g3_Tb_K8eWRkabUbt6zDYalfkk86htLIX9ijwJMlNcuXTYnKh11vp5UjXjCXVeW3A)" /> |
|  | <link rel="stylesheet" media="all" href="<https://cdn.uoregon.edu/uocdn1/uo-web-design-framework/Universal/stable-assets/fontawesome-free-6.5.1-web/css/all.min.css>" /> |
|  | <link rel="stylesheet" media="all" href="[/sites/default/files/css/css\_S5tPliLOKTD5rI\_s4QWq1ayPcZep651aFL4KfWVK2DQ.css?delta=4&amp;language=en&amp;theme=cosmic&amp;include=eJxtj-EKwjAQg19oXR9Jbm02D3u9ctcy9OnVgQ7Bf8lHAonfvUPiQo4pqQunHy1wpw3-8oZY1YQKPzANvRxk1doD7XCVEw4NO5aQ4bzVsBoJdrVbSCqtoB9Bd8g3\_Tb\_K8eWRkabUbt6zDYalfkk86htLIX9ijwJMlNcuXTYnKh11vp5UjXjCXVeW3A](https://counseling.uoregon.edu/sites/default/files/css/css_S5tPliLOKTD5rI_s4QWq1ayPcZep651aFL4KfWVK2DQ.css?delta=4&language=en&theme=cosmic&include=eJxtj-EKwjAQg19oXR9Jbm02D3u9ctcy9OnVgQ7Bf8lHAonfvUPiQo4pqQunHy1wpw3-8oZY1YQKPzANvRxk1doD7XCVEw4NO5aQ4bzVsBoJdrVbSCqtoB9Bd8g3_Tb_K8eWRkabUbt6zDYalfkk86htLIX9ijwJMlNcuXTYnKh11vp5UjXjCXVeW3A)" /> |
|  | <link rel="stylesheet" media="all" href="[/sites/default/files/css/css\_yo9esGuC\_pJQkySErGxvafOSuv96dTQNi1gb-24BO1Q.css?delta=5&amp;language=en&amp;theme=cosmic&amp;include=eJxtj-EKwjAQg19oXR9Jbm02D3u9ctcy9OnVgQ7Bf8lHAonfvUPiQo4pqQunHy1wpw3-8oZY1YQKPzANvRxk1doD7XCVEw4NO5aQ4bzVsBoJdrVbSCqtoB9Bd8g3\_Tb\_K8eWRkabUbt6zDYalfkk86htLIX9ijwJMlNcuXTYnKh11vp5UjXjCXVeW3A](https://counseling.uoregon.edu/sites/default/files/css/css_yo9esGuC_pJQkySErGxvafOSuv96dTQNi1gb-24BO1Q.css?delta=5&language=en&theme=cosmic&include=eJxtj-EKwjAQg19oXR9Jbm02D3u9ctcy9OnVgQ7Bf8lHAonfvUPiQo4pqQunHy1wpw3-8oZY1YQKPzANvRxk1doD7XCVEw4NO5aQ4bzVsBoJdrVbSCqtoB9Bd8g3_Tb_K8eWRkabUbt6zDYalfkk86htLIX9ijwJMlNcuXTYnKh11vp5UjXjCXVeW3A)" /> |
|  |  |
|  | <script src="<https://cdn.uoregon.edu/uocdn1/uo-web-design-framework/Releases/24.07/v1/js/uowdf-init.js>"></script> |
|  |  |
|  | </head> |
|  | <body class="licensed-fonts-enabled menupull-right path-node page-node-type-marketing-page uowdf--mobile-menu drupal-8"> |
|  | <a href="[#main-content](https://counseling.uoregon.edu/outreach#main-content)" class="visually-hidden focusable skip-link"> |
|  | Skip to main content |
|  | </a> |
|  |  |
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|  |  |
|  |  |
|  | <div class="uoheader uowdf-search-dialog--enabled"> |
|  | <div class="uoheader\_\_container" style="max-width: px;"> |
|  |  |
|  | <div class="uoheader\_\_logo-container"> |
|  | <a href="[https://uoregon.edu?utm\_source=banner-module&amp;utm\_campaign=banner](https://uoregon.edu/?utm_source=banner-module&utm_campaign=banner)" rel="home"> |
|  | <img src="[/modules/contrib/uo\_core/uo-web-design-framework/images/uo-logo.svg](https://counseling.uoregon.edu/modules/contrib/uo_core/uo-web-design-framework/images/uo-logo.svg)" alt="University of Oregon" /> |
|  | </a> |
|  | </div> |
|  |  |
|  | <div class="uoheader\_\_links-container"> |
|  | <div class="uoheader\_\_links-background"> |
|  | <nav id="banner-links"> |
|  | <ul class="uoheader\_\_links"> |
|  | <li class="uoheader\_\_link"> |
|  | <a href="[https://www.uoregon.edu/onestop?utm\_source=banner-module&amp;utm\_campaign=banner](https://www.uoregon.edu/onestop?utm_source=banner-module&utm_campaign=banner)">One Stop</a> |
|  | </li> |
|  | <li class="uoheader\_\_link"> |
|  | <a href="[https://uoregon.edu/apply?utm\_source=banner-module&amp;utm\_campaign=banner](https://uoregon.edu/apply?utm_source=banner-module&utm_campaign=banner)">Apply</a> |
|  | </li> |
|  | <li class="uoheader\_\_link"> |
|  | <a href="[https://visit.uoregon.edu?utm\_source=banner-module&amp;utm\_campaign=banner](https://visit.uoregon.edu/?utm_source=banner-module&utm_campaign=banner)">Visit</a> |
|  | </li> |
|  | <li class="uoheader\_\_link"> |
|  | <a href="[https://google.com](https://google.com/)">Give</a> |
|  | </li> |
|  | </ul> |
|  | </nav> |
|  | <div class="uoheader\_\_search"> |
|  | <a class="uoheader\_\_search\_\_button" id="uobanner-search" href="[/search](https://counseling.uoregon.edu/search)">Search</a> |
|  | </div> |
|  | </div> |
|  | </div> |
|  |  |
|  | <div class="uowdf-search-dialog" role="search"> |
|  | <button class="uowdf-search-dialog\_\_close" id="seach-close-button" aria-label="Close Search"></button> |
|  | <div class="uowdf-search-dialog\_\_search-region"> |
|  | <div class="search-block-form block block-search container-inline" data-drupal-selector="search-block-form" id="block-cosmic-search" role="search"> |
|  |  |
|  | <h2>Search this site</h2> |
|  |  |
|  | <form action="/search/node" method="get" id="search-block-form" accept-charset="UTF-8"> |
|  | <div class="js-form-item form-item js-form-type-search form-type-search js-form-item-keys form-item-keys form-no-label"> |
|  | <label for="edit-keys" class="visually-hidden">Search</label> |
|  | <input title="Enter the terms you wish to search for." data-drupal-selector="edit-keys" type="search" id="edit-keys" name="keys" value="" size="15" maxlength="128" class="form-search" /> |
|  |  |
|  | </div> |
|  | <div data-drupal-selector="edit-actions" class="form-actions js-form-wrapper form-wrapper" id="edit-actions"><input data-drupal-selector="edit-submit" type="submit" id="edit-submit" value="Search" class="button js-form-submit form-submit" /> |
|  | </div> |
|  |  |
|  | </form> |
|  |  |
|  | </div> |
|  |  |
|  | </div> |
|  | </div> |
|  |  |
|  | <div class="uoheader\_\_mobile"> |
|  | <a class="uowdf-mobile-search-button" id="uowdf-mobile-search-button" href="[/search](https://counseling.uoregon.edu/search)">Search</a> |
|  | <button class="uowdf-mobile-menu\_\_button\_\_new" id="uowdf-mobile-menu\_\_button" aria-label="Navigation" aria-expanded="false" aria-haspopup="true" aria-controls="uobanner-sidebar"> |
|  | <div class="uowdf-mobile-menu\_\_button\_\_new-bar-1"></div> |
|  | <div class="uowdf-mobile-menu\_\_button\_\_new-bar-2"></div> |
|  | <div class="uowdf-mobile-menu\_\_button\_\_new-bar-3"></div> |
|  | <div class="uowdf-mobile-menu\_\_button\_\_text">Menu</div> |
|  | </button> |
|  | </div> |
|  |  |
|  | </div> |
|  | </div> |
|  | <div class="uowdf-mobile-menu\_\_container"> |
|  | <div class="uowdf-mobile-menu" id="uowdf-mobile-menu" data-menu-id="0"> |
|  |  |
|  |  |
|  |  |
|  | <h1 class="uowdf-mobile-menu\_\_title">Counseling Services Menu</h1> |
|  | <nav class="uowdf-mobile-menu\_\_menu uowdf-mobile-menu--accordions"> |
|  | <ul class="uowdf-mobile-menu\_\_list" id="uowdf-mobile-menu\_\_list"> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item has-submenu is-leaflet"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="0">Therapy and Services</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="1" data-parent-menu-id="0"> |
|  |  |
|  |  |
|  |  |
|  |  |
|  | <ul class="uowdf-mobile-menu\_\_list"> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/services](https://counseling.uoregon.edu/services)" title="Learn more about Counseling and Self-Support options at the University of Oregon" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/2">Therapy and Services Overview</a> |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/getting-started](https://counseling.uoregon.edu/getting-started)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/222">Getting Started</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/individual-therapy](https://counseling.uoregon.edu/individual-therapy)" title="Learn more about Individual Therapy options available at the University of Oregon" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/7">Individual Therapy</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="1">Groups</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="12" data-parent-menu-id="1"> |
|  |  |
|  |  |
|  |  |
|  |  |
|  | <ul class="uowdf-mobile-menu\_\_list uowdf-mobile-menu--depth-2"> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/group-therapy](https://counseling.uoregon.edu/group-therapy)" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/29">Groups Overview</a> |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/group-therapy-faq](https://counseling.uoregon.edu/group-therapy-faq)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/28">Group Therapy FAQ</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/groups-offered](https://counseling.uoregon.edu/groups-offered)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/27">Groups Offered</a> |
|  | </li> |
|  | </ul> |
|  | </div> |
|  |  |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/crisis-support](https://counseling.uoregon.edu/crisis-support)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/11">Crisis Support</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/letstalk](https://counseling.uoregon.edu/letstalk)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/221">Let’s Talk</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="<https://health.uoregon.edu/psychiatry>" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf">Psychiatry</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/referralscase-management](https://counseling.uoregon.edu/referralscase-management)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/30">Referrals</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/substance-use](https://counseling.uoregon.edu/substance-use)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/247">Substance Use</a> |
|  | </li> |
|  | </ul> |
|  | </div> |
|  |  |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item active-trail has-submenu is-leaflet"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="0">Events and Workshops</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="2" data-parent-menu-id="0"> |
|  |  |
|  |  |
|  |  |
|  |  |
|  | <ul class="uowdf-mobile-menu\_\_list"> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/outreach](https://counseling.uoregon.edu/outreach)" title="Learn more about Outreach programs at the University of Oregon" class="uowdf-mobile-menu\_\_link is-active" data-drupal-link-system-path="node/3" aria-current="page">Events and Workshops Overview</a> |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/campaigns](https://counseling.uoregon.edu/campaigns)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/230">Wellness Campaigns</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/suicide-prevention](https://counseling.uoregon.edu/suicide-prevention)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/145">Suicide Prevention</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/mham](https://counseling.uoregon.edu/mham)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/295">Mental Health Awareness Month</a> |
|  | </li> |
|  | </ul> |
|  | </div> |
|  |  |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item has-submenu is-leaflet"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="0">Support a Student</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="3" data-parent-menu-id="0"> |
|  |  |
|  |  |
|  |  |
|  |  |
|  | <ul class="uowdf-mobile-menu\_\_list"> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/support](https://counseling.uoregon.edu/support)" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/229">Support a Student Overview</a> |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/helping-friend](https://counseling.uoregon.edu/helping-friend)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/32">Helping a Friend</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/faculty-staff-resources](https://counseling.uoregon.edu/faculty-staff-resources)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/125">Faculty and Staff</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="1">Parents and Families</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="34" data-parent-menu-id="3"> |
|  |  |
|  |  |
|  |  |
|  |  |
|  | <ul class="uowdf-mobile-menu\_\_list uowdf-mobile-menu--depth-2"> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/parentsandfamilies](https://counseling.uoregon.edu/parentsandfamilies)" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/252">Parents and Families Overview</a> |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/how-families-can-support-students](https://counseling.uoregon.edu/how-families-can-support-students)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/269">How Families Can Support Students</a> |
|  | </li> |
|  | </ul> |
|  | </div> |
|  |  |
|  | </li> |
|  | </ul> |
|  | </div> |
|  |  |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item has-submenu is-leaflet"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="0">Self-Care</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="4" data-parent-menu-id="0"> |
|  |  |
|  |  |
|  |  |
|  |  |
|  | <ul class="uowdf-mobile-menu\_\_list"> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/selfcare](https://counseling.uoregon.edu/selfcare)" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/232">Self-Care Overview</a> |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/concerns](https://counseling.uoregon.edu/concerns)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/117">Common Concerns</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/copingstrategies](https://counseling.uoregon.edu/copingstrategies)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/225">Coping Strategies</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/well-being-tools](https://counseling.uoregon.edu/well-being-tools)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/251">Well-being Tools</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="1">Be Well Blog</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="45" data-parent-menu-id="4"> |
|  |  |
|  |  |
|  |  |
|  |  |
|  | <ul class="uowdf-mobile-menu\_\_list uowdf-mobile-menu--depth-2"> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/be-well-blog](https://counseling.uoregon.edu/be-well-blog)" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/34">Be Well Blog Overview</a> |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/celebrating-women%E2%80%99s-history-month-ladies-psychology](https://counseling.uoregon.edu/celebrating-women%E2%80%99s-history-month-ladies-psychology)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/294">Celebrating Women’s History Month: The Ladies of Psychology</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/dating-and-relationship-non-negotiables](https://counseling.uoregon.edu/dating-and-relationship-non-negotiables)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/293">Dating and Relationship Non-negotiables</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/effectively-managing-emotions-during-stressful-times](https://counseling.uoregon.edu/effectively-managing-emotions-during-stressful-times)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/297">Effectively Managing Emotions During Stressful Times</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/maintaining-mental-wellness-while-studying-abroad](https://counseling.uoregon.edu/maintaining-mental-wellness-while-studying-abroad)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/298">Maintaining Mental Wellness While Studying Abroad</a> |
|  | </li> |
|  | </ul> |
|  | </div> |
|  |  |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="<https://dos.uoregon.edu/recovery>" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf">Collegiate Recovery Center</a> |
|  | </li> |
|  | </ul> |
|  | </div> |
|  |  |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item has-submenu is-leaflet"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="0">APA Doctoral Internship</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="5" data-parent-menu-id="0"> |
|  |  |
|  |  |
|  |  |
|  |  |
|  | <ul class="uowdf-mobile-menu\_\_list"> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/internship](https://counseling.uoregon.edu/internship)" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/8">APA Doctoral Internship Overview</a> |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="1">About Us</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="56" data-parent-menu-id="5"> |
|  |  |
|  |  |
|  |  |
|  |  |
|  | <ul class="uowdf-mobile-menu\_\_list uowdf-mobile-menu--depth-2"> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/aboutus](https://counseling.uoregon.edu/aboutus)" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/91">About Us Overview</a> |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/apa-team](https://counseling.uoregon.edu/apa-team)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/105">APA Team</a> |
|  | </li> |
|  | </ul> |
|  | </div> |
|  |  |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/service](https://counseling.uoregon.edu/service)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/98">Service and Administrative Activities</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/training](https://counseling.uoregon.edu/training)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/93">Training Activities</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/application](https://counseling.uoregon.edu/application)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/24">Application Information</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/faq](https://counseling.uoregon.edu/faq)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/21">FAQ</a> |
|  | </li> |
|  | </ul> |
|  | </div> |
|  |  |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item has-submenu is-leaflet"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="0">About</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="6" data-parent-menu-id="0"> |
|  |  |
|  |  |
|  |  |
|  |  |
|  | <ul class="uowdf-mobile-menu\_\_list"> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/about](https://counseling.uoregon.edu/about)" title="Learn more about Counseling Services at the University of Oregon" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/5">About Overview</a> |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/confidentiality-and-privacy-policy](https://counseling.uoregon.edu/confidentiality-and-privacy-policy)" title="Learn more about the Counseling Center’s Confidentiality and Privacy Policy." class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/6">Confidentiality and Privacy Policy</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/documentation-requests](https://counseling.uoregon.edu/documentation-requests)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/19">Documentation</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/team](https://counseling.uoregon.edu/team)" title="Learn more about the Counseling Services Staff" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="team">Our Team</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/practicum](https://counseling.uoregon.edu/practicum)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/20">Practicum Program</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/sab](https://counseling.uoregon.edu/sab)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/22">Student Advisory Board</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/commitment-multiculturalism](https://counseling.uoregon.edu/commitment-multiculturalism)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/55">Diversity</a> |
|  | </li> |
|  | </ul> |
|  | </div> |
|  |  |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/crisis-support](https://counseling.uoregon.edu/crisis-support)" title="Get help now." class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf">Get Help Now</a> |
|  | </li> |
|  | </ul> |
|  |  |
|  | </nav> |
|  |  |
|  | <div class="uowdf-mobile-menu\_\_secondary-menus"> |
|  |  |
|  | <nav class="utility-nav collapse-menu collapse-menu--collapsed context--foreground-light" id="uowdf-mobile-menu\_\_utility-links"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="0">Take Action</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="99999999"> |
|  | <ul class="uowdf-mobile-menu\_\_list"> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a class="uowdf-mobile-menu\_\_link" href="[https://www.uoregon.edu/onestop?utm\_source=banner-module&amp;utm\_campaign=banner](https://www.uoregon.edu/onestop?utm_source=banner-module&utm_campaign=banner)">One Stop</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a class="uowdf-mobile-menu\_\_link" href="[https://uoregon.edu/apply?utm\_source=banner-module&amp;utm\_campaign=banner](https://uoregon.edu/apply?utm_source=banner-module&utm_campaign=banner)">Apply</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a class="uowdf-mobile-menu\_\_link" href="[https://visit.uoregon.edu?utm\_source=banner-module&amp;utm\_campaign=banner](https://visit.uoregon.edu/?utm_source=banner-module&utm_campaign=banner)">Visit</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a class="uowdf-mobile-menu\_\_link" href="[https://google.com](https://google.com/)">Give</a> |
|  | </li> |
|  | </ul> |
|  | </div> |
|  | </nav> |
|  | </div> |
|  |  |
|  | </div> |
|  | </div> |
|  |  |
|  | <div class="dialog-off-canvas-main-canvas" data-off-canvas-main-canvas> |
|  | <div class="page"> |
|  |  |
|  | <header class="site-header" role="banner"> |
|  | <div class="site-header\_\_content"> |
|  |  |
|  |  |
|  |  |
|  |  |
|  | <h2 class="site-header\_\_site-name" id="site-name"> |
|  | <a href="[/](https://counseling.uoregon.edu/)" title="Counseling ServicesHome" class="site-header\_\_site-link" rel="home"><span>Counseling Services</span></a> |
|  | </h2> |
|  |  |
|  | <a href="[https://health.uoregon.edu](https://health.uoregon.edu/)" class="site-header\_\_site-title-after-link"> |
|  | <div class="site-header\_\_site-title-after site-header\_\_site-subtitle" id="site-title-after">University Health Services</div> |
|  | </a> |
|  |  |
|  | </div> |
|  |  |
|  | </header> <div id="stickynav-waypoint"></div> |
|  |  |
|  | <div class="navigation-bar"> |
|  | <div class="region region-primary-menu"> |
|  |  |
|  | <nav role="navigation" aria-labelledby="block-cosmic-main-menu-menu" id="block-cosmic-main-menu" class="block block-menu navigation menu--main"> |
|  |  |
|  | <h2 class="visually-hidden" id="block-cosmic-main-menu-menu">Main navigation</h2> |
|  |  |
|  |  |
|  |  |
|  | <ul class="menu"> |
|  | <li class="menu-item menu-item--collapsed menu-item--depth-0"> |
|  | <a href="[/services](https://counseling.uoregon.edu/services)" title="Learn more about Counseling and Self-Support options at the University of Oregon" data-drupal-link-system-path="node/2">Therapy and Services</a> |
|  | </li> |
|  | <li class="menu-item menu-item--collapsed menu-item--active-trail menu-item--depth-0"> |
|  | <a href="[/outreach](https://counseling.uoregon.edu/outreach)" title="Learn more about Outreach programs at the University of Oregon" data-drupal-link-system-path="node/3" class="is-active" aria-current="page">Events and Workshops</a> |
|  | </li> |
|  | <li class="menu-item menu-item--collapsed menu-item--depth-0"> |
|  | <a href="[/support](https://counseling.uoregon.edu/support)" data-drupal-link-system-path="node/229">Support a Student</a> |
|  | </li> |
|  | <li class="menu-item menu-item--collapsed menu-item--depth-0"> |
|  | <a href="[/selfcare](https://counseling.uoregon.edu/selfcare)" data-drupal-link-system-path="node/232">Self-Care</a> |
|  | </li> |
|  | <li class="menu-item menu-item--collapsed menu-item--depth-0"> |
|  | <a href="[/internship](https://counseling.uoregon.edu/internship)" data-drupal-link-system-path="node/8">APA Doctoral Internship</a> |
|  | </li> |
|  | <li class="menu-item menu-item--collapsed menu-item--depth-0"> |
|  | <a href="[/about](https://counseling.uoregon.edu/about)" title="Learn more about Counseling Services at the University of Oregon" data-drupal-link-system-path="node/5">About</a> |
|  | </li> |
|  | <li class="menu-item menu-item--depth-0"> |
|  | <a href="[/crisis-support](https://counseling.uoregon.edu/crisis-support)" title="Get help now.">Get Help Now</a> |
|  | </li> |
|  | </ul> |
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|  |  |
|  | </nav> |
|  |  |
|  |  |
|  | </div> |
|  |  |
|  | <div class="region region-secondary-menu"> |
|  |  |
|  | <nav role="navigation" aria-labelledby="block-mainmenu-menu" id="block-mainmenu" class="block block-menu navigation menu--main"> |
|  |  |
|  | <h2 class="visually-hidden" id="block-mainmenu-menu">Secondary Menu</h2> |
|  |  |
|  |  |
|  |  |
|  | <ul class="menu"> |
|  | <li class="menu-item menu-item--depth-0"> |
|  | <a href="[/campaigns](https://counseling.uoregon.edu/campaigns)" data-drupal-link-system-path="node/230">Wellness Campaigns</a> |
|  | </li> |
|  | <li class="menu-item menu-item--depth-0"> |
|  | <a href="[/suicide-prevention](https://counseling.uoregon.edu/suicide-prevention)" data-drupal-link-system-path="node/145">Suicide Prevention</a> |
|  | </li> |
|  | <li class="menu-item menu-item--depth-0"> |
|  | <a href="[/mham](https://counseling.uoregon.edu/mham)" data-drupal-link-system-path="node/295">Mental Health Awareness Month</a> |
|  | </li> |
|  | </ul> |
|  |  |
|  |  |
|  |  |
|  |  |
|  | </nav> |
|  |  |
|  |  |
|  | </div> |
|  |  |
|  | </div> |
|  |  |
|  | <main role="main"> |
|  | <a id="main-content" tabindex="-1"></a> |
|  | <div class="region region-highlighted"> |
|  | <div data-drupal-messages-fallback class="hidden"></div> |
|  |  |
|  |  |
|  | </div> |
|  |  |
|  |  |
|  |  |
|  | <div class="layout"> |
|  | <div class="layout\_\_content"> |
|  |  |
|  | <div class="region region-content"> |
|  | <div id="block-cosmic-page-title" class="block block-core block-page-title-block"> |
|  |  |
|  |  |
|  |  |
|  | <h1 class="page-title"><span class="field field--name-title field--type-string field--label-hidden">Events and Workshops</span> |
|  | </h1> |
|  |  |
|  |  |
|  | </div> |
|  | <div id="block-cosmic-content" class="block block-system block-system-main-block"> |
|  |  |
|  |  |
|  |  |
|  | <article class="node node--type-marketing-page node--view-mode-full"> |
|  |  |
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|  |  |
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|  |  |
|  | <div class="node\_\_content"> |
|  |  |
|  | <div class="field field--name-field-envelopes field--type-entity-reference-revisions field--label-hidden field\_\_items"> |
|  | <div class="field\_\_item"> |
|  |  |
|  | <div class="envelope envelope--style-white envelope--flush"> |
|  | <div class="clearfix text-formatted field field--name-field-envelope-content field--type-text-long field--label-hidden field\_\_item"><div class="envelope-hero envelope-hero--text-center"> |
|  | <div class="envelope-hero\_\_container"> |
|  | <div class="envelope-hero\_\_photo"> |
|  | <span class="align-center media media--type-image media--view-mode-feature-image-1440x550"> |
|  |  |
|  |  |
|  | <span class="field field--name-field-media-image field--type-image field--label-hidden field\_\_item"> <img loading="lazy" src="[/sites/default/files/styles/1440x550\_center\_crop/public/KJJ%20\_360.jpg?itok=mplDrWE8](https://counseling.uoregon.edu/sites/default/files/styles/1440x550_center_crop/public/KJJ%20_360.jpg?itok=mplDrWE8)" width="1440" height="550" alt="Counseling center staff table in front of the Erb Memorial Union" title="Counseling center staff table in front of the Erb Memorial Union" class="image-style-\_440x550-center-crop"> |
|  |  |
|  |  |
|  | </span> |
|  |  |
|  | </span> |
|  |  |
|  | </div> |
|  |  |
|  | <div class="envelope-hero\_\_content"> |
|  | <h2 class="envelope-hero\_\_content\_\_title">Events and Workshops</h2> |
|  | </div> |
|  | </div> |
|  | </div> |
|  | </div> |
|  | </div> |
|  | </div> |
|  | <div class="field\_\_item"> |
|  |  |
|  | <div class="envelope envelope--style-white envelope--standard"> |
|  | <div class="clearfix text-formatted field field--name-field-envelope-content field--type-text-long field--label-hidden field\_\_item"><div class="grid grid--2col-60-40"> |
|  | <div class="grid\_\_item"> |
|  | <h2>Supporting Our Campus</h2> |
|  |  |
|  | <p>We offer presentations and workshops to support our campus on a variety of topics and issues. Our outreach efforts work to increase student access and awareness of the services we provide, build resilience, and reduce stigma around mental illness.&nbsp;Being involved and present in our community is a vital part of serving our campus.</p> |
|  | </div> |
|  |  |
|  | <div class="grid\_\_item"> |
|  | <ul class="cta-list"> |
|  | <li><a class="cta-button" href="<https://oregon.qualtrics.com/jfe/form/SV_9M5jg4EPCFJiinY>" target="\_blank">Outreach and Presentation Request</a></li> |
|  | </ul> |
|  | </div> |
|  | </div> |
|  | </div> |
|  | </div> |
|  | </div> |
|  | <div class="field\_\_item"> |
|  |  |
|  | <div class="envelope envelope--style-yellow envelope--standard"> |
|  | <div class="clearfix text-formatted field field--name-field-envelope-content field--type-text-long field--label-hidden field\_\_item"><h2 style="text-align: center;">Outreach Request</h2> |
|  |  |
|  | <p style="text-align: center;">We are dedicated to our campus community. Working together, we are able to more effectively provide resources and services to our community and build relationships to support one another. We often collaborate on presentations and workshops with student organizations and our campus partners. If you would like to collaborate with us, please let us know.</p> |
|  |  |
|  | <p style="text-align: center;"><a class="cta-button" href="<https://oregon.qualtrics.com/jfe/form/SV_9M5jg4EPCFJiinY>" target="\_blank">Submit a Request</a></p> |
|  | </div> |
|  | </div> |
|  | </div> |
|  | <div class="field\_\_item"> |
|  |  |
|  | <div class="envelope envelope--parallax envelope--standard envelope--style-black context--foreground-light" style="background-image:url('/sites/default/files/envelope-backgrounds/green-wood-texture.jpg')"> |
|  | <div class="clearfix text-formatted field field--name-field-envelope-content field--type-text-long field--label-hidden field\_\_item"><h2 style="text-align: center;">Partnering to Provide Support</h2> |
|  |  |
|  | <p style="text-align: center;">We work with&nbsp;faculty, staff, and student organizations to facilitate presentations and workshops on a variety of topics. These can be beneficial for individual knowledge, but also for helping groups to support each other more effectively and understand new perspectives. If you would like a presentation or workshop on a specific topic, let us know and we will work with you to tailor it toward your interests and needs.</p> |
|  |  |
|  | <p style="text-align: center;"><a class="cta-button" href="<https://oregon.qualtrics.com/jfe/form/SV_9M5jg4EPCFJiinY>" target="\_blank">Presentations and Workshops</a></p> |
|  |  |
|  | <p style="text-align: center;">&nbsp;</p> |
|  |  |
|  | <span class="align-center media media--type-image media--view-mode-default"> |
|  |  |
|  |  |
|  | <span class="field field--name-field-media-image field--type-image field--label-hidden field\_\_item"> <img loading="lazy" src="[/sites/default/files/Jed-Campus-Seal\_RGB\_BLK%5B1%5D-%281%29\_0.gif](https://counseling.uoregon.edu/sites/default/files/Jed-Campus-Seal_RGB_BLK%5B1%5D-%281%29_0.gif)" width="186" height="200" alt="Jed Campus Seal"> |
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|  | </span> |
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|  | </span> |
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|  | </div> |
|  | </div> |
|  | </div> |
|  | <div class="field\_\_item"> |
|  |  |
|  | <div class="envelope envelope--style-lightgray envelope--standard"> |
|  | <div class="clearfix text-formatted field field--name-field-envelope-content field--type-text-long field--label-hidden field\_\_item"><div class="grid grid--2col-60-40"> |
|  | <div class="grid\_\_item"> |
|  | <h2>Prevention Efforts</h2> |
|  |  |
|  | <p>Our prevention work is broad based and incorporates trainings, collaborative programming, and outreach.</p> |
|  |  |
|  | <h3>Interactive Screening Program (ISP)</h3> |
|  |  |
|  | <p>The <a href="<https://afsp.org/isp-for-institutions-of-higher-education>" target="\_blank">Interactive Screening Program (ISP)</a> provides an anonymous, web-based method of outreach that starts with a brief, confidential online Stress and Depression Questionnaire that students are invited to complete. A Counseling Services therapist&nbsp;then reviews the completed questionnaire and the students receive a personal written response, offering options for support and access to services.</p> |
|  | </div> |
|  |  |
|  | <div class="grid\_\_item"> |
|  | <ul class="cta-list"> |
|  | <li><a class="cta-button" href="[/suicide-prevention](https://counseling.uoregon.edu/suicide-prevention)">Suicide Prevention</a></li> |
|  | <li><a class="cta-button" href="<https://dos.uoregon.edu/prevention>" target="\_blank">Campus Prevention Initiatives</a></li> |
|  | <li><a class="cta-button" href="<http://dos.uoregon.edu/concern>" target="\_blank">Report a Concern</a></li> |
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|  | <footer> |
|  | <div class="site-footer"> |
|  | <div class="site-footer\_\_container" style="max-width: px;"> |
|  | <div class="site-footer\_\_custom-content"> |
|  | <div class="footer-collapsable-grid grid grid--2col"> |
|  | <div class="grid\_\_item"> |
|  | <div class="collapse-menu collapse-menu--collapsed"> |
|  | <h3 class="collapse-menu\_\_title title">Division of Student Life</h3> |
|  |  |
|  | <ul class="collapse-menu\_\_list"> |
|  | <li class="collapse-menu\_\_item"><a href="[http://studentlife.uoregon.edu](http://studentlife.uoregon.edu/)">Division of Student Life</a></li> |
|  | <li class="collapse-menu\_\_item"><a href="[http://career.uoregon.edu](http://career.uoregon.edu/)">University Career Center</a></li> |
|  | <li class="collapse-menu\_\_item"><a href="[http://dos.uoregon.edu](http://dos.uoregon.edu/)">Office of the Dean of Students</a></li> |
|  | <li class="collapse-menu\_\_item"><a href="[http://emu.uoregon.edu](http://emu.uoregon.edu/)">Erb Memorial Union</a></li> |
|  | <li class="collapse-menu\_\_item"><a href="[http://holden.uoregon.edu](http://holden.uoregon.edu/)">Holden Center for Leadership and Community Engagement</a></li> |
|  | <li class="collapse-menu\_\_item"><a href="[http://rec.uoregon.edu](http://rec.uoregon.edu/)">Department of Physical Education and Recreation</a></li> |
|  | <li class="collapse-menu\_\_item"><a href="[http://families.uoregon.edu](http://families.uoregon.edu/)">Parent and Family Programs</a></li> |
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|  | </ul> |
|  | </div> |
|  | </div> |
|  |  |
|  | <div class="grid\_\_item"> |
|  | <div class="collapse-menu collapse-menu--collapsed"> |
|  | <h3 class="collapse-menu\_\_title title">Student Services</h3> |
|  |  |
|  | <ul class="collapse-menu\_\_list"> |
|  | <li class="collapse-menu\_\_item"><a href="[https://financialaid.uoregon.edu](https://financialaid.uoregon.edu/)" title="Office of Financial Aid and Scholarships">Office of Financial Aid and Scholarships</a></li> |
|  | <li class="collapse-menu\_\_item"><a href="[https://registrar.uoregon.edu](https://registrar.uoregon.edu/)" title="Office of Financial Aid and Scholarships">Office of the Registrar</a></li> |
|  | <li class="collapse-menu\_\_item"><a href="[http://counseling.uoregon.edu](http://counseling.uoregon.edu/)">University Counseling Services</a></li> |
|  | <li class="collapse-menu\_\_item"><a href="[http://healthcenter.uoregon.edu](http://healthcenter.uoregon.edu/)">University Health Services</a></li> |
|  | <li class="collapse-menu\_\_item"><a href="[http://housing.uoregon.edu](http://housing.uoregon.edu/)">University Housing</a></li> |
|  | <li class="collapse-menu\_\_item"><a href="[http://testing.uoregon.edu](http://testing.uoregon.edu/)">University Testing Center</a></li> |
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|  | </ul> |
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|  | </div> |
|  | <div class="site-footer\_\_contact-info-container"> |
|  | <div class="site-footer\_\_contact-info"> |
|  |  |
|  | <div itemscope="" itemtype="http://schema.org/Organization"> |
|  | <span itemprop="name"><strong>Counseling Services</strong></span><br> |
|  | <div itemprop="address" itemscope="" itemtype="http://schema.org/PostalAddress"> |
|  | <div itemprop="streetAddress">1590 E 13th Ave</div> <span itemprop="addressLocality">Eugene</span>, <span itemprop="addressRegion">OR </span> <span itemprop="postalCode">97403</span> <p> |
|  | <div class="site-footer\_\_phone-fax">P: <span itemprop="telephone">541-346-3227</span></div> <div class="site-footer\_\_phone-fax">F: <span itemprop="faxNumber">541-346-2842</span></div> </p> |
|  | </div> |
|  |  |
|  | <div itemprop="address" itemscope="" itemtype="http://schema.org/PostalAddress"> |
|  | </div> |
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|  | <p> |
|  | <ul class="site-footer\_\_social-links"> |
|  | <li itemprop="sameAs"> |
|  | <a href="<https://www.facebook.com/UOCounseling>" aria-label="Visit us on Facebook"> |
|  | <i class="fab fa-facebook-f" aria-hidden="true"></i> |
|  | </a> |
|  | </li> |
|  | <li itemprop="sameAs"> |
|  | <a href="<https://www.youtube.com/channel/UCQkWa7hdt1HMDr6Nn8UCG0g/featured>" aria-label="Visit us on Youtube"> |
|  | <i class="fab fa-youtube" aria-hidden="true"></i> </a> |
|  | </li> |
|  | <li itemprop="sameAs"> |
|  | <a href="<https://www.instagram.com/uocounselingservices>" aria-label="Visit us on Instagram"> |
|  | <i class="fab fa-instagram" aria-hidden="true"></i> </a> |
|  | </li> |
|  | </ul> |
|  |  |
|  | <link itemprop="url" style="visibility:hidden;" itemscope="//counseling.uoregon.edu"> |
|  | </p> |
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|  | <div class="uofooter"> |
|  | <div class="uofooter\_\_container" style="max-width: px;"> |
|  | <div class="uofooter\_\_links-and-logo-container"> |
|  |  |
|  | <ul class="uofooter\_\_links-container"> |
|  | <li class="uofooter\_\_link"><a href="[https://uoregon.edu/reportaconcern?utm\_source=banner-module&amp;utm\_campaign=banner](https://uoregon.edu/reportaconcern?utm_source=banner-module&utm_campaign=banner)">Report a Concern</a></li> |
|  | <li class="uofooter\_\_link"><a href="[https://investigations.uoregon.edu/nondiscrimination?utm\_source=banner-module&amp;utm\_campaign=banner](https://investigations.uoregon.edu/nondiscrimination?utm_source=banner-module&utm_campaign=banner)">Nondiscrimination and Title IX</a></li> |
|  | <li class="uofooter\_\_link"><a href="[https://uoregon.edu/accessibility?utm\_source=banner-module&amp;utm\_campaign=banner](https://uoregon.edu/accessibility?utm_source=banner-module&utm_campaign=banner)">Accessibility</a></li> |
|  | <li class="uofooter\_\_link"><a href="[https://registrar.uoregon.edu/records-privacy?utm\_source=banner-module&amp;utm\_campaign=banner](https://registrar.uoregon.edu/records-privacy?utm_source=banner-module&utm_campaign=banner)">Privacy Policy</a></li> |
|  | <li class="uofooter\_\_link"><a href="[https://hr.uoregon.edu/jobs/available-positions?utm\_source=banner-module&amp;utm\_campaign=banner](https://hr.uoregon.edu/jobs/available-positions?utm_source=banner-module&utm_campaign=banner)">Careers</a></li> |
|  | <li class="uofooter\_\_link"><a href="[https://uoregon.edu/about?utm\_source=banner-module&amp;utm\_campaign=banner](https://uoregon.edu/about?utm_source=banner-module&utm_campaign=banner)">About</a></li> |
|  | <li class="uofooter\_\_link"><a href="[https://uoregon.edu/findpeople?utm\_source=banner-module&amp;utm\_campaign=banner](https://uoregon.edu/findpeople?utm_source=banner-module&utm_campaign=banner)">Find People</a></li> |
|  | </ul> |
|  |  |
|  | <div class="uofooter\_\_copyright-container"> |
|  | <span class="copyright"> |
|  | <span class="copyright-symbol">©</span> |
|  | <a href="[https://uoregon.edu?utm\_source=banner-module&amp;utm\_campaign=banner](https://uoregon.edu/?utm_source=banner-module&utm_campaign=banner)">University of Oregon</a>. |
|  | </span> |
|  | <span class="all-rights-reserved">All Rights Reserved.</span> |
|  | </div> |
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|  | </div> |
|  | </div> |
|  | </footer> |
|  | <script type="application/json" data-drupal-selector="drupal-settings-json">{"path":{"baseUrl":"\/","pathPrefix":"","currentPath":"node\/3","currentPathIsAdmin":false,"isFront":false,"currentLanguage":"en"},"pluralDelimiter":"\u0003","suppressDeprecationErrors":true,"google\_analytics":{"account":"UA-1254336-5","trackOutbound":true,"trackMailto":true,"trackTel":true,"trackDownload":true,"trackDownloadExtensions":"7z|aac|arc|arj|asf|asx|avi|bin|csv|doc(x|m)?|dot(x|m)?|exe|flv|gif|gz|gzip|hqx|jar|jpe?g|js|mp(2|3|4|e?g)|mov(ie)?|msi|msp|pdf|phps|png|ppt(x|m)?|pot(x|m)?|pps(x|m)?|ppam|sld(x|m)?|thmx|qtm?|ra(m|r)?|sea|sit|tar|tgz|torrent|txt|wav|wma|wmv|wpd|xls(x|m|b)?|xlt(x|m)|xlam|xml|z|zip"},"ajaxTrustedUrl":{"\/search\/node":true},"user":{"uid":0,"permissionsHash":"5f4d64093cf3c8293963c30a662315b79f20cc6a3cb3c079ab1b1ea7412b2428"}}</script> |
|  | <script src="[/sites/default/files/js/js\_g5IYBlEkERe1uncAc6s2t5BkxTifpxiKJWMef5ri1z0.js?scope=footer&amp;delta=0&amp;language=en&amp;theme=cosmic&amp;include=eJyFy1EKgCAQhOELtXQkWW1aJHXDVaTbhy89RNDj\_HwjqpLguHC6Wgy2yissXV3QirUrDXjaYFEK7ZUzhtaDYontFwXNZ0LDhGbIj57j--LZcAMs0z1L](https://counseling.uoregon.edu/sites/default/files/js/js_g5IYBlEkERe1uncAc6s2t5BkxTifpxiKJWMef5ri1z0.js?scope=footer&delta=0&language=en&theme=cosmic&include=eJyFy1EKgCAQhOELtXQkWW1aJHXDVaTbhy89RNDj_HwjqpLguHC6Wgy2yissXV3QirUrDXjaYFEK7ZUzhtaDYontFwXNZ0LDhGbIj57j--LZcAMs0z1L)"></script> |
|  | <script src="<https://cdn.uoregon.edu/uocdn1/uo-web-design-framework/Releases/24.07/v1/js/uowdf-jscore-d8.min.js>"></script> |
|  | <script src="[/sites/default/files/js/js\_zic6n4aXLc-fvnTrLItjuT2dDT4PmarijF9227ODpUQ.js?scope=footer&amp;delta=2&amp;language=en&amp;theme=cosmic&amp;include=eJyFy1EKgCAQhOELtXQkWW1aJHXDVaTbhy89RNDj\_HwjqpLguHC6Wgy2yissXV3QirUrDXjaYFEK7ZUzhtaDYontFwXNZ0LDhGbIj57j--LZcAMs0z1L](https://counseling.uoregon.edu/sites/default/files/js/js_zic6n4aXLc-fvnTrLItjuT2dDT4PmarijF9227ODpUQ.js?scope=footer&delta=2&language=en&theme=cosmic&include=eJyFy1EKgCAQhOELtXQkWW1aJHXDVaTbhy89RNDj_HwjqpLguHC6Wgy2yissXV3QirUrDXjaYFEK7ZUzhtaDYontFwXNZ0LDhGbIj57j--LZcAMs0z1L)"></script> |
|  |  |
|  | </body> |
|  | </html> |
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