The Counseling Services website features anonymous, confidential, online resources where college students can be comfortable searching for information they need and want regarding mental health issues such as depression, anxiety, stress, adjustment, suicide prevention, and more.

Visit us today at:
https://www.westernwyoming.edu/services/sdc/counseling/

WE BELIEVE:

You have worth and value.

You have the ability to make decisions.

You deserve to be treated with dignity and respect.

You have strengths that can be built upon.

You are ultimately responsible for your choices.

Counseling Services
Phone: 307.382.1652
Fax: 307.382.1649
Webpage: https://www.westernwyoming.edu/services/sdc/counseling/
Counselors
Amy Galley, MSW, LCSW
307.382.1645
agalley@westernwyoming.edu
Bret Zerger, MA, LPC
307.382.1656
bzerger@westernwyoming.edu

Hours
Monday-Friday 8:00 am–5:00 pm
(evenings by appointment)

Location
Room 2011
(next to the Peer Tutor Center)
2500 College Dr.
Rock Springs WY 82901

Because You Matter
Confidential

One-to-one

Understanding

Non-Judgmental

Sensitive

Empowering

Listening

Inspiring

Nurturing

Growth

Because You Matter!

Room 2011

307.382.1652

Licensed Professional Counselors are available to help you!

- Manage personal concerns that impact school and work success.
- Help minimize obstacles to student success.
- Define your educational and career goals.

Confidential Personal Counseling

Personal Counseling gives you the opportunity to talk over what is on your mind with an objective person who can help you learn new skills and ways of looking at situations. This will assist you in being more capable of solving new problems on your own in the future. Counseling is a collaborative process requiring your participation. Counselors are trained professionals that can help you identify resources you already possess, look at problems from a new perspective and assist you in developing skills and understanding to guide you toward your own solutions.

Contact Counseling Services

Room: 2011

Phone: 307.382.1652

Email: bzerger@westernwyoming.edu

https://www.westernwyoming.edu/services/sdc/counseling/

Issues often mentioned by students that impact school or work success:

- Excessive worrying
- Shyness, loneliness
- Confusion and uncertainty
- Relationship problems
- Time management problems
- Coping with stress
- Managing anger
- Communicating effectively
- Balancing school, work and family
- Dealing with perfectionism and other unrealistic expectations
- Anxiety or depression
- Independence-separation from parents
- Social concerns
- Study skills, difficulty in classes
- Anxiety about graduation and future employment
- Decision making