

## Mental health care available

By PAMELA MACLEOD  
Daily Collegian Staff Writer

Fall Term is full of excitement for most students, but it can also trigger a variety of problems from homesickness and roommate conflicts to academic anxiety.

Free help is nearby, however, at the Mental Health Center in Rittenour Health Center. Students who just want to talk to someone, or who want more in-depth individual or group counseling, can call the center at 865-0395 or come in person between 8 a.m. and 5 p.m. Monday through Friday.

"Most students come to the center with normal developmental concerns, although some are in a more severe state of crisis," said Martin Marder, a staff clinical psychologist.

The center employs six full-time and seven part-time counselors, Marder said.

"Students don't have to be certain this is the place to

come to," he said. "They shouldn't be concerned about wasting our time or taking time away from anyone else. We fit everyone in."

Marder said the center will offer about 20 new assistance groups this term covering concerns such as homesickness, stress reduction, interpersonal relationships, academic motivation and parent-student communication.

Details on the new programs, which will include a special group for graduate students, will be announced next week, Marder said.

"Students have nothing to lose by coming in. There's a good chance we will have a group for a particular student's need, and if we don't we might create one," he said.

He said the center would like to begin serving a much larger segment of the student body, and that the center will be working to improve communication with students on what services they want or need.

## Peer contraception education offered

By STUART AUSTIN  
Daily Collegian Staff Writer

The Peer Contraception Education Program, staffed by student volunteers who have an interest in educating other students about contraception, provides information on birth control to University students.

"The purpose of the program is not to make judgments about sexual behavior; we're not encouraging it," said Cheryl Jorgensen, graduate coordinator for the program. She said PCEP can only add information about birth control to an individual's decision to be sexually active.

PCEP is sponsored by University Health Services and is located in 233 Rittenour. Students seeking medical

attention for contraception at Rittenour for the first time are referred to PCEP.

The PCEP offers evening educational sessions that cover methods, devices and techniques of contraception. PCEP and Rittenour ensure complete confidentiality, Jorgensen said.

PCEP also sponsors educational sessions in dormitory, fraternity and other organizational settings. Jorgensen said people often feel more comfortable discussing birth control at those sessions, with people they know.

After attending the educational sessions, a woman seeking prescription contraceptives may make an appointment at Rittenour. The first appointment costs \$10, and includes a thorough examination to help the individual choose a contraception method.

The choice of either a male or female gynecologist is offered, and subsequent visits are available at no cost.

Jorgensen said the role of PCEP is to familiarize students with birth control methods informally but accurately, and that "our volunteers are educators, not counselors." PCEP refers individuals to counseling centers if necessary, she said.

Students who wish to join the PCEP staff are required to schedule Health Education 146: Fertility Regulation as a Health Concern. The course is offered Fall Term, and Jorgensen said the course size would not be limited.

"We need a lot more volunteers," she said.

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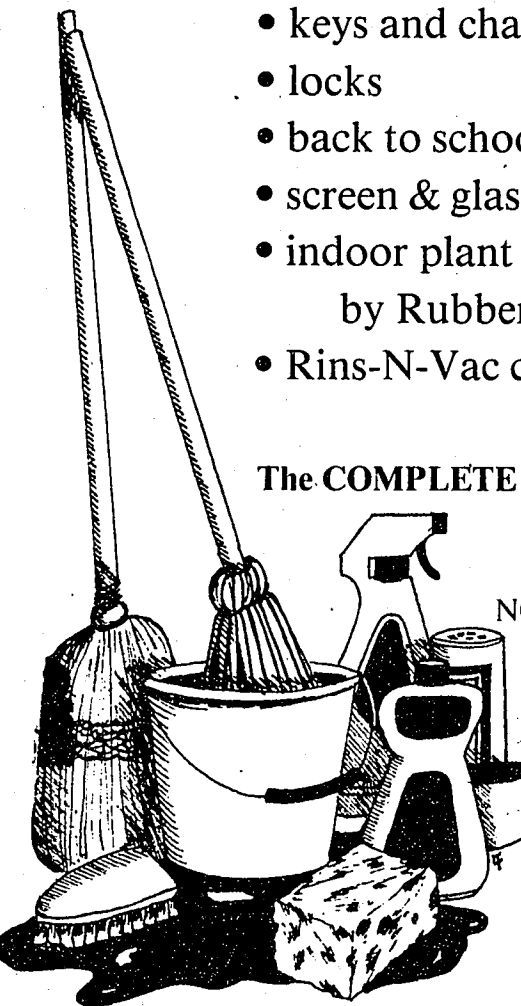
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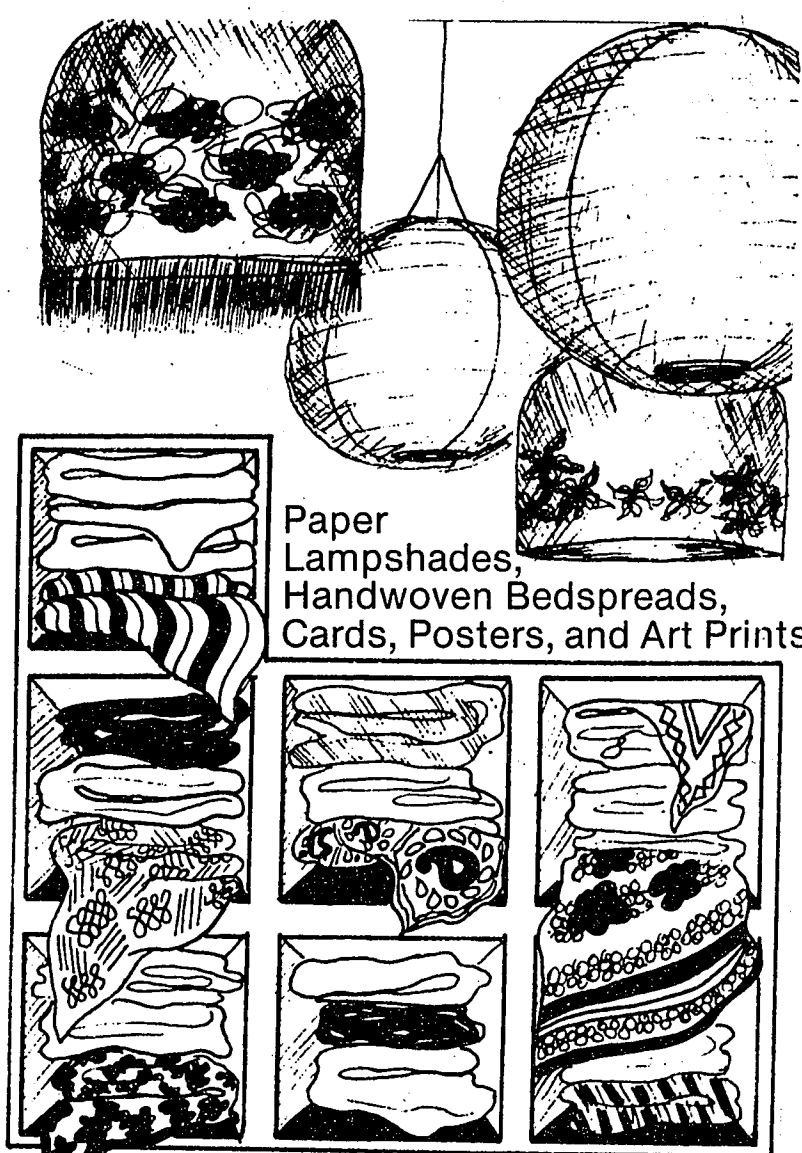
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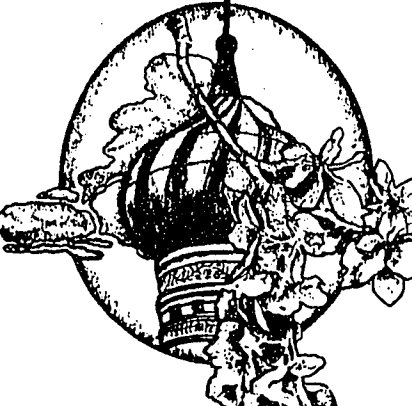
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