



# KuC Counseling Services

Kuskokwim Campus • P.O. Box 368 • Bethel, AK 99559

201 Akiak Drive • 907-543-4500

1-800-478-5822 • Fax: 907-543-4527

*I feel down...*

*I feel stressed....*

*I worry that I will fail.....*

- Everyone needs help sometimes.
- If you are feeling down, stressed out or have things on your mind that are bothering you, I can help.
- I am available to KuC students for private counseling to help with your mental and emotional health during stressful times like college.
- Counseling services are confidential.
- Counseling services can help with referrals to other services.

**Contact:**

KuC

Counselor

**DeShan**

**Foret**



**Office:** Room 114

**Ph:** 907.543.4526

**Email:** [dforet@alaska.edu](mailto:dforet@alaska.edu)

**Drop-in times (come by):**

Wed 1-3pm

Fri 11am-12:30pm

**Or call & email to  
schedule a time to meet**