

THE UNIVERSITY OF AKRON

Counseling & Testing Center

We are here to help!

SIMMONS HALL 306
330.972.7082
www.uakron.edu/counseling

Our Services

We provide psychological counseling and testing services

Free, confidential Individual and Group Counseling

Licensed Psychologists and Doctoral Trainees

ADHD, LD, Autism and personality assessment

Workshops/Outreach:

Wellness, Academic Skills, Mental Health First Aid & More

Online mental health information

Biofeedback

Career Exploration Counseling

24/7 access to speak with a Licensed clinician

For Testing Services, visit www.uakron.edu/counseling/testing

We can help you...

Manage stress

Adapt to life as a college student

Decrease anxiety and depression

Understand yourself and your family

Communicate and develop relationships with others

Explore your identity

Cope with trauma

Discuss choices around alcohol/drugs

Identify your strengths

And More!



Follow us on Instagram:
 @uakroncat