

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 comprehensive culturally responsive psychological counseling and testing services

Personal Counseling

Group Counseling

ADHD, LD and personality assessment

Workshops/Outreach:
wellness, study skills, diversity & more

Online mental health information

Career Exploration Counseling

Consultation

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

Manage oppression and injustice

Cope with trauma

Discuss choices around alcohol/drugs

Identify your strengths

And More!



Counseling is free & confidential
Visit our webpage:
www.uakron.edu/counseling