

The Office of Accessibility &

Information Technology Services

The University of Akron Mental Health & Wellness Resource Guide



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Mental Health Services on Campus

- free of charge
- The University of Akron Counseling & Testing Center
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- The Clinic for Individual and Family Counseling
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Campus Resources for Health and Wellness

- Student Health Services

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- Office of Accessibility

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- ZipAssist

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24/7 Mental Health Resources

- Crisis Text Line

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- Rape Crisis Center Hotline

- _____
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- Portage Path Crisis Hotline

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Online Resources for Finding Mental Health Services in Your Area

- Summit County Information line
 - _____
 - _____
- SAMHSA: Behavioral health Treatment Locator
 - _____
- American Psychiatry Association: Find a Psychiatrist
 - _____
- American Psychological Association: Psychologist Locator
 - _____
- Psychology Today
 - _____
- Help When You Need It
 - _____

Online Resources for College Mental Health

- ULifeline

- _____

- Set to Go

- _____

- _____

- The Steve Fund

- _____

- _____

COVID-19 Resources

- CDC

 - _____

- Ohio COVID

 - Ohio COVID Resources

How Do I Find Mental Health Care Through My Insurance?

- STEP 1. Find your insurance card.
- STEP 2. Call your insurance company.
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How Do I Find Mental Health Care Through My Insurance?

- STEP 4. Find in-network providers.



- STEP 5. Call providers.



Resources for Better Self-Care

○ Better nutrition and eating habits



○ _____



○ _____



○ _____

○ Regular exercise



○ _____



○ _____

○ Better sleep



○ _____



○ _____

Resources for Productivity

- Pomodoro Technique

Resources for Relaxation

- Deep breathing

Resources for Relaxation

- Progressive relaxation

