

The Office of Accessibility &
The Counseling and Testing Center present

The University of Akron Mental Health & Wellness Resource Guide

Table of Contents

Mental health services on campus	3
Campus resources for health and wellness	4
Academic resources on campus	5
24/7 mental health resources	6
Online resources for finding mental health services in your area	8
Online resources for college mental health	9
COVID-19 resources	10
How do I find mental health care through my insurance?	11
Resources for better self-care	13
Resources for productivity	14
Resources for relaxation	15
Resources for mindfulness	17

Mental Health Services on Campus

- All three agencies offer services **free of charge** for students at the University of Akron.
- **The University of Akron Counseling & Testing Center**
 - www.uakron.edu/counseling
 - (330) 972-7082
 - Simmons Hall 306
 - 277 E. Buchtel Avenue, Akron, OH 44325
- **The Clinic for Individual and Family Counseling**
 - <https://www.uakron.edu/cifc/>
 - (330) 972-6822
 - 27 S. Forge Street, 2nd floor, Akron, OH 44325
- **UA Psychology Department Counseling Clinic**
 - <https://www.uakron.edu/psychology/clinic/>
 - (330) 972-6714
 - Arts & Sciences Building Room 342
 - 290 E. Buchtel Ave, Akron, OH 44325

Campus Resources for Health and Wellness

○ Student Health Services

- <https://uakron.edu/healthservices/>
- (330) 972-7808
- Student Recreation and Wellness Center Suite 260
- 382 Carroll St., Akron, OH 44315

○ Office of Accessibility

- www.uakron.edu/access
- (330) 972-7928
- Simmons Hall 105
- 277 E. Buchtel Avenue, Akron, OH 44325

○ ZipAssist

- <https://www.uakron.edu/zipassist/>
- (330) 972-7272
- Simmons Hall Lobby Front Information Desk
- 277 E. Buchtel Avenue, Akron, OH 44325

Academic Resources on Campus

- **Subject Tutoring**

- <https://www.uakron.edu/tutoring/subject-tutoring/>

- **Learning Assistant**

- <https://www.uakron.edu/tutoring/learning-assistants/>

- **Bierce Writing Commons**

- <https://www.uakron.edu/tutoring/bwc/>

- **Bierce Math Lab**

- <https://www.uakron.edu/tutoring/bmc/>

- **Polsky Writing Lab**

- <https://www.uakron.edu/tutoring/writing-lab.dot>

- **Polsky Math Lab**

- <https://www.uakron.edu/tutoring/math-lab.dot>

- **College Reading & Study Skills Lab**

- <https://www.uakron.edu/tutoring/study-skills-lab.dot>

- **Engineering Tutoring Program**

- <https://uakron.edu/engineering/academics/student-support/tutoring>

24/7 Mental Health Resources

- These services are available 24/7 for any crises or emergencies.
- **National Suicide Prevention Hotline**
 - <https://suicidepreventionlifeline.org/>
 - 1-800-273-TALK (8255)
- **Trevor Project**
 - <https://www.thetrevorproject.org/>
 - 1-866-488-7386
 - The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25.
- **Trans Lifeline**
 - <https://translifeline.org/>
 - 1-877-565-8860
 - Trans Lifeline is a trans-led organization that connects trans people to the community, support, and resources they need to survive and thrive.

24/7 Mental Health Resources

○ Crisis Text Line

- <https://www.crisistextline.org/>
- Text “Hello” to 741-741 and expect a reply from a trained crisis counselor within five minutes.

○ Rape Crisis Center Hotline

- <https://hopeandhealingresources.org/>
- (330) 434-7273

○ Portage Path Crisis Hotline

- <https://www.portagepath.org/our-services/emergency-services/>
- (330) 434-9144

○ Portage Path Psychiatric Emergency Services

- <https://www.portagepath.org/our-services/emergency-services/>
- (330) 762-6110
- 10 Penfield Avenue, Akron, OH 44310
- Portage Path Psychiatric Emergency Services, commonly referred to as “PES” is a 24/7 operation which utilizes the latest practices in psychiatric care to help individuals manage psychiatric emergencies and return to a less-restrictive environment as quickly as possible.

Online Resources for Finding Mental Health Services in Your Area

- **Summit County Information line**
 - 211summit.org
 - 211 or (330) 376-6660
- **SAMHSA: Behavioral health Treatment Locator**
 - <https://findtreatment.samhsa.gov/>
- **American Psychiatry Association: Find a Psychiatrist**
 - <http://finder.psychiatry.org/>
- **American Psychological Association: Psychologist Locator**
 - <https://locator.apa.org/>
- **Psychology Today**
 - <https://www.psychologytoday.com/us/therapists>
- **Help When You Need It**
 - <http://helpwhenyouneedit.org/>

Online Resources for College Mental Health

- **ULifeline**

- <http://www.ulifeline.org/>

- **Set to Go**

- <https://www.settogo.org/>

- Set to Go provides information and resources for students going through the first-year transition to college.

- **The Steve Fund**

- <https://www.stevelfund.org/>

- The Steve Fund is dedicated to the mental health and emotional well-being of students of color.

COVID-19 Resources

- **CDC**

- <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

- **Ohio COVID-19 Resources**

- <https://coronavirus.ohio.gov/wps/portal/gov/covid-19/home>

- **Summit County COVID-19 Main Page**

- <https://www.scph.org/covid>

- **University of Akron COVID-19 Dashboard**

- <https://www.uakron.edu/return-to-campus/dashboard>

- **UA Campus Cupboard**

- <https://www.uakron.edu/cupboard/>

How Do I Find Mental Health Care Through My Insurance?

Adapted from <https://www.ukron.edu/counseling/docs/Finding%20Mental%20Health%20Resources.pdf>

- **STEP 1. Find your insurance card.**
- **STEP 2. Call your insurance company.**
 - The phone number for your mental health benefits is likely on the back of your card and may be listed under 'behavioral health services.'
- **STEP 3. Get information about your benefits.**
 - After dialing the mental health services phone number, you will speak with a representative from your insurance company. They will ask you to verify some information to ensure that you are the individual covered by the insurance plan. When they ask why you are calling you can say, "I want to find out what my benefits will cover for outpatient counseling."
 - Some insurance plans require a payment for each visit you make to a provider. Ask how much you will pay per session; this is called a "co-pay."
 - Some insurance plans have an amount that you have to pay out of your pocket first; this is called a "deductible." Once you pay that amount your insurance company will cover part or all of your visit depending on your coverage.

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○ **STEP 4. Find in-network providers.**

- Ask your insurance company for assistance with finding a mental health provider or call your family physician to see if they have good referral sources.
- If you are looking for someone to talk with, ask for a list of in-network clinicians (Counselors and/or Psychologists).
- If you are looking for someone who can prescribe medication, ask for a list of in-network Psychiatrists or PCPs.
- You may also be able to locate this information on your insurance company's website .

○ **STEP 5. Call providers.**

- Start by calling one or two of the providers on the list you were given by your insurance company. You may need to call more than one, if the first provider doesn't return your call within 24-48 hours.
- Providers almost never pick up the phone due to being in session during the day. You will need to leave a message with your name, phone number, and a good time to reach you.
- When you leave a message or talk to the provider, ask if they are accepting new clients, tell them what kind of insurance you have, and say something about what has been bothering you that has led you to call them.
- Make sure that your voicemail is set-up and able to accept new messages. If a provider is not able to leave a message, you may not know they called.

Resources for Better Self-Care

○ Better nutrition and eating habits

- I don't know where to start...
 - <https://www.choosemyplate.gov/>
- 10 tips for eating healthy on a budget
 - <https://www.nia.nih.gov/health/10-tips-eating-healthy-budget>
- UA campus cupboard for food and hygiene items
 - <https://www.uakron.edu/cupboard/>

○ Regular exercise

- How much physical activity do I need?
 - <https://www.cdc.gov/physicalactivity/index.html>
- Free at-home workout ideas
 - <https://www.nytimes.com/wirecutter/blog/free-home-workouts/>

○ Better sleep

- What is sleep hygiene and how can I improve it?
 - <https://www.sleepfoundation.org/articles/sleep-hygiene>
- Sleep With Me: Podcast to help you fall asleep
 - <https://www.sleepwithmepodcast.com/>

Resources for Productivity

○ Pomodoro Technique

1. Decide on the task to be done.
2. Set the pomodoro timer (traditionally to 25 minutes).
3. Work on the task.
4. End work when the timer rings and put a checkmark on a piece of paper.
5. If you have fewer than four checkmarks, take a short break (3–5 minutes) and then return to step 2; otherwise continue to step 6.
6. After four pomodoros, take a longer break (15–30 minutes), reset your checkmark count to zero, then go to step 1.
7. **Web:** <https://pomodoro-tracker.com/>
8. **App:** <https://www.focustodo.cn/>

○ Apps for better productivity

- **Forest:** Plant a tree and watch it grow by staying off the phone
 - <https://www.forestapp.cc/>
- **Fabulous:** Track daily habits and productivity
 - <https://www.thefabulous.co/>

Resources for Relaxation

○ Deep breathing

1. Sit comfortably and place a hand on your belly.
2. Breathe in for 4 seconds through your nose so that your belly rises.
3. Hold the air in your lungs for 4 seconds
4. Exhale slowly through your mouth for 6 seconds with your lips puckered as if blowing air through a straw
5. Go slow and practice for 3 to 5 minutes or when you begin to feel calmer.

Resources for Relaxation

○ Progressive relaxation

1. Sit back or lie down in a comfortable position. For each area of the body listed below, you will tense your muscles tightly, but not to the point of strain. Hold the tension for 10 seconds and pay close attention to how it feels. Then, release the tension, and notice how the feeling of relaxation differs from the feeling of tension.
2. Feet: Curl your toes tightly into your feet, then release them.
3. Calves: Point or flex your feet, then let them relax.
4. Thighs: Squeeze your thighs together tightly, then let them relax.
5. Torso: Suck in your abdomen, then release the tension and let it fall.
6. Back: Squeeze your shoulder blades together, then release them.
7. Shoulders: Lift and squeeze your shoulders toward your ears, then let them drop.
8. Arms: Make fists and squeeze them toward your shoulders, then let them drop.
9. Hands: Make a fist by curling your fingers into your palm, then relax your fingers.
10. Face: Scrunch your facial features to the center of your face, then relax.
11. Full Body: Squeeze all muscles together, then release all tension.

○ Guided progressive relaxation exercise

- https://www.youtube.com/watch?v=1nZEdqcGVzo&ab_channel=TherapistAid

Resources for Mindfulness

○ What is mindfulness?

- Being mindful means being focused on the moment, staying calm, and accepting and acknowledging – as opposed to judging and assigning values to – how you feel, the sensations around you, the thoughts that come into your head, and the other things in your internal and external environment.
- Mindfulness has been shown to be helpful in coping with stress and anxiety.

○ How do I practice mindfulness?

- 6 mindfulness exercises you can try right now
 - <https://www.pocketmindfulness.com/6-mindfulness-exercises-you-can-try-today/>
- The Free Mindfulness Project
 - <http://www.freemindfulness.org/home>

○ Apps for mindfulness and guided meditation

- MyLife (<https://my.life/>)
- Calm (<https://www.calm.com/>)
- Headspace (<https://www.headspace.com/>)