

GROUPS

Groups and workshops are a great way to get to know yourself and others in a supportive and therapeutic way. Many have joined groups to learn new ways to cope, to challenge social anxiety, and to meet folks who better understand them.

POTENTIAL GROUPS WE OFFER:

- Trauma Recovery
- Art Workshop
- Healthy Relationships
- Grief Relief
- Graduate Student Group
- International Student Group
- First Gen Student Group
- Meditation and Mindfulness

ABOUT

Starting college can be both an exciting and scary time for students. We recognize that UNT students need help during this difficult transition and are being impacted by stress, anxiety, trauma, and much more. Our staff is here to help you and navigate students through those hard times.



Scan the QR code to visit our Website!



DIVISION OF
STUDENT AFFAIRS
Counseling & Testing Services

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COUNSELINGANDTESTINGSERVICES
@UNT.EDU

940-565-2741

CHESTNUT HALL
SUITE 311

SERVICES

CTS provides confidential, professional, short-term services tailored to the needs and goals of each student.

We assist students with a variety of challenges including anxiety, depression, relationship issues, identity exploration, academic performance, adjustment and transition.

Services are free for all enrolled students.

- Individual Counseling
- Group Counseling
- Workshops/ Drop-in Groups
- 24/7 Crisis Support
- Couples Counseling
- Telehealth

FIRST VISIT

During your initial appointment, you are asked to complete paperwork that helps us better understand your history and reasons for seeking help. You then meet with a therapist for a brief screening to discuss:

- Information about what to expect from counseling
- Discuss presenting issues and goals
- Develop a plan for treatment, which may include a referral for on or off campus services based on your individual needs.

CRISIS COUNSELING

Crisis counseling is available for students experiencing a level 1 emergency and in need of immediate consultation with a clinician. See our website to determine which type of consultation fits your needs.

TESTING CENTER

Counseling and Testing Services is a national testing center; we administer professional and academic testing (e.g. TSI's, CLEP, Pearson Vue exams, and other proctored exams). Professional and Academic Testing is located in Gateway Center, Room 140, or call 940-369-7617; or visit <https://studentaffairs.unt.edu/testing-services>

TOGETHERALL

Everyone is on their own mental health journey - but sometimes you can feel like no one understands what you're going through. This is why UNT has partnered with Togetherall - an anonymous, online peer-to-peer community where students can connect with others who have real lived experience. Free and active 24/7, register using the QR code and your student email.

Scan the QR code to sign up for Togetherall!

