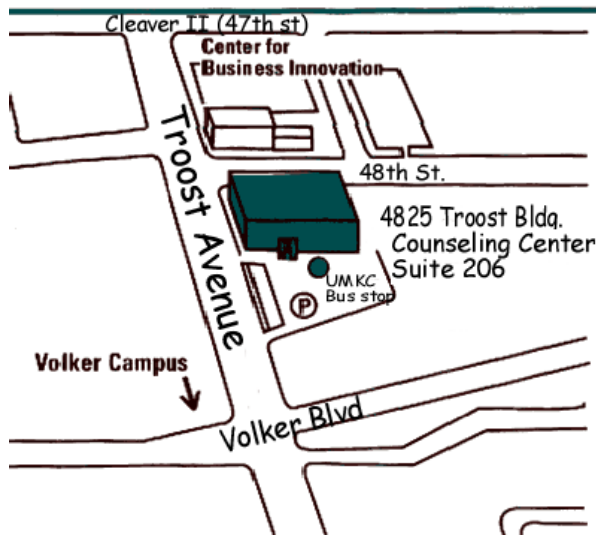


Location & Hours



4825 Troost Avenue, Suite 206

Hours: 8:00 A.M. – 5:00 P.M. Monday – Friday

Phone: (816) 235-1635

Fax: (816) 235-5534

Email: [chtc@umkc.edu](mailto:chtc@umkc.edu)

Website: [www.umkc.edu/counselingcenter](http://www.umkc.edu/counselingcenter)

Call or stop by to make an appointment

**Emergencies**

Call (816) 235-1635 during business hours. After hours, call (816) 235-1515 or Commcare Crisis/Suicide emergency hotline at (888) 279-8188 (24 hours a day).

Emergency walk-ins are welcome at 10:00 AM or 2:00 PM daily.

**Counseling, Health, & Testing Center**

The mission of the **Counseling, Health, & Testing Center** is to enhance the mental, emotional, personal, physical, and organizational well being and development of the students, staff, faculty, and university organization itself. Wellness and health, emotional well being, personal/social life skills, organizational consultation, academic skills enhancement and assessment are provided in culturally sensitive environments. The **Counseling Service** is one part of the CHTC.

**The Student Health & Wellness Service** is committed to assessing and meeting the health information needs and health concerns of UMKC students in order to prevent illness and promote health. For an appointment or to find out more about the Health and Wellness Services, call (816) 235-6133 or visit [www.umkc.edu/studenthealth](http://www.umkc.edu/studenthealth).

**The Testing Center** offers national testing programs for admission, licensure and certifications to all interested individuals. Approximately 70 national test programs (GRE, LSAT, TOEFL, etc.) are hosted by the University. Some are computer delivered and others are paper-pencil. Additional information on specific test programs may be obtained by calling our office at (816) 235-1635 or (816) 235-5820 or visiting our web site at [www.umkc.edu/testingcenter](http://www.umkc.edu/testingcenter).



- Member of American College Health Association
- Accredited by International Association of Counseling Centers
- Accredited by American Psychological Association
- Accredited by Education Testing Services

Relay Missouri

Individuals with speech or hearing impairments may contact the University through Relay Missouri, 800-735-2966 (TT) or 800-735-2466 (Voice).

*University of Missouri—Kansas City  
Counseling Center*

**Puzzled?**



*We can help put the pieces together.*

**Our Mission**

**To provide services to foster the psychological well-being, personal development and educational potential of our diverse students, faculty, staff and campus community.**



## Why Seek Counseling Services?

Students, staff and faculty seek counseling to address a spectrum of issues and goals. In our 35 years of experience we have helped people with a wide variety of concerns. Here are some examples:

- Feeling overwhelmed or stressed out
- Adjusting to changes
- Relationship concerns (i.e., family, friend, roommate, teacher, co-worker, partner)
- Depressed or anxious feelings
- Interpersonal conflicts
- Building self-esteem and self-understanding
- Coping with grief and loss
- Personal problem-solving
- Difficulty studying, taking tests, or academic progress problems
- Concerns about body image
- Substance misuse—yourself, another, or family
- Distressing thoughts or feelings
- Suicidal thoughts
- Crisis and trauma experiences
- Discrimination concerns

### How would I know if it's time to seek counseling?

- ✓ Do you try to pretend nothing is wrong?
- ✓ Do you have physical symptoms of stress?
- ✓ Do your concerns affect your work or relationships?
- ✓ Do you have trouble sleeping and wake up tired?
- ✓ Do you use alcohol or other substances to make it easier to cope?
- ✓ Do others tell you to talk to someone?

*If your answer is yes to some of these, then counseling may help you.*



## Psychological Services

**Individual & Couples Counseling** offer confidential opportunities for people to understand themselves better, to alter behaviors, reduce symptoms and to grow in their ability to be effective in relationships. Most get the help they need in 6 sessions or less.

**Group Counseling** is an effective way to learn more about yourself, especially as it relates to your concerns and relationships with others. Groups generally have 6-9 members and two staff facilitators and meet for 90 minutes a week.

**Psychological Assessment** services offer aid to individuals and academic departments to objectively evaluate concerns and to determine appropriate ways to improve them.

**Study Skills and Test Anxiety** assistance is offered in the form of counseling, self help materials, and assessment.

**Outreach and Organizational Consultation** Center staff are available to provide a variety of presentations, trainings and workshops based on the needs of your office, class, student group, etc. We also consult for problem-solving on organizational concerns.

**Crisis Intervention** is provided to individuals or groups in the university who experience an emergency or traumatic loss or experience.

**Alcohol & Substance Abuse** services are designed to reduce harmful consequences associated with use. Services consist of education/awareness programs, individual assessment and counseling, and referral assistance.

**Assessment Testing** is designed for individuals who may be experiencing difficulty due to study skills, unique learning styles, test anxiety, learning disabilities, or attention and focus issues. With a wide range of assessment tools (determined on a case-by-case basis), our goal is to provide an assessment process that is individualized and contributes to positive classroom outcomes.

## Our Staff

The staff consists of licensed psychologists, consulting psychiatrists, doctoral-level interns, and masters-level or advanced practicum trainees. The Center maintains a Pre-Doctoral Internship program which is accredited by the American Psychological Association.

## Fees

The initial intake session is free for all UMKC affiliates. **Full-time & part-time students** receive 8 free sessions every academic year, and subsequent sessions are \$15 each. As a service to **faculty and staff**, the University Counseling Center offers counseling services at \$20 per session after a free intake.

**Assessment Testing Fees.** For UMKC students, the initial consultation is free; for non-UMKC students the consultation fee is \$50. Test fees range from \$50 - \$750, depending on the type and complexity of the assessment provided.

## Referral/Consultation

People often come on their own or at the suggestion of another. If you have concerns for yourself, a friend, your child, a partner or a student or colleague, please call to consult with us.

## All sessions are confidential.

We cannot by law tell anyone that you are a client here or share information without your consent. Your counselor will review confidentiality and its limits with you.

## Appointments

Call us at 235-1635 to schedule your initial appointment. If it is an emergency, please tell the receptionist.