

Mental Health Services at UNT

On-Campus Mental Health Clinics

[UNTWELL Clinic](#) – clinical office of the UNT Rehab Studies program – offers vocational counseling, clinical counseling, and group counseling services. Services are offered at no cost to students.

[UNT Psychology Clinic](#) – clinical office of the Psychology program. Assessments and therapy are offered to children, couples, adults, and adolescents, but are currently on a waitlist ranging anywhere from 3 to 6 months.

[Counseling and Testing](#) – Student mental health clinic in the Health and Wellness Center. Services are free to students, including animal-assisted therapy, career counseling, couples counseling and group counseling.

[Center for Sport Psychology](#) – Part of the UNT Psychology program, focusing on athletes and coaches in particular. Free of cost to all students that are part of an official UNT athletic program, but open to all students for a reduced fee.

[Psychiatric Services](#) – Psychiatric evaluations and comprehensive treatment, including medication prescription, treatment planning, and coordination with/referrals to other professionals. Services have additional charges beyond Counseling and Testing student fees.

[Substance Use Resource and Education \(SURE\) Center](#) – Office within Student Affairs offering self-assessment for substance use disorders as well as educational seminars and programs.

Programs on Campus

[Collegiate Recovery Program](#) – Comprehensive program for students recovering from substance use disorders, behavioral (process) addictions, and mental health illness including providing a safe place to “hang out”, peer-lead meetings, peer-to-peer support and mentoring, substance-free extra-curricular activities, academic case management, service learning opportunities, on-going seminars, scholarships, and a scholarly program of study.

[Tuesday Night Flight](#) – Social support group/student org for students with ASD to participate in activities/programs on or off campus. Meets Tuesdays.

[Group Counseling/Drop-in Counseling for Veterans/Service Members](#) – Group counseling sessions and drop-in individual counseling offered through Student Veteran Services.

[Weekly Workshops](#) – A variety of weekly group sessions offered through Counseling and Testing covering different populations and different areas of concern. Groups include animal therapy, art therapy, queer/trans issues, combating negative thoughts, anger and mentorship, and international student concerns. Detailed information is available on the Counseling and Testing website under the “Services” tab.

Denton Community Mental Health Resources

[UNT Counseling and Human Development Center \(CHDC\)](#) – clinical office of the Counseling program, open to both UNT employees/students and the greater Denton community. Low-cost services include individual counseling, career counseling, couples counseling, individual adolescent counseling and play therapy.

[UNT Child and Family Resource Clinic \(CFRC\)](#) – second clinical office of UNT Counseling program. Offers adult and adolescent counseling, child counseling, parent education, and psychoeducational assessment for children between 6-16 years old.

[Denton County MHMR Center](#) – Non-profit organization offering aid to members of the Denton community struggling with thoughts of suicide, depression, or mental illness. Includes both crisis and mental health services. Crisis services include a crisis hotline, outreach team, and outpatient services. Mental health services include a hospital liason, intake and referral, cognitive behavioral therapy, skills training, and psychiatric evaluation.

Online Resources

[Go Ask Alice!](#) – Online forum where students can ask questions, “Dear Abby” style, about a variety of topics and have their questions answered by a team of health professionals from Columbia University. Topics include a broad number of subjects including general physical health, sexual and reproductive health, alcohol and drug use, emotional health, and relationships.

[uLifeline](#) – Online resource for mental health including general explanations of common mental disorders, advice on healthy living, and information about more specific health resources. Focus is on self-harming or suicidal behaviors and identifying warning signs in yourself and others, as well as connecting to resources for help.

[Mentalhelp.net](#) – Online resources for health and mental disorders with an emphasis on addictions and addictive behaviors.

[Queendom.com](#) – Website offering a number of online psychological quizzes meant to aid self-exploration in a fun and interactive manner. Not meant for professional evaluation, but backed by psychometric methods and professionals to be helpful for self-guided exploration of values and beliefs.

[Psych Central](#) – Originally an index of online support groups, an online mental health resource offering mental health information as well as annotated guides to online resources in the mental health fields. Developed the Sanity Score test, an online test meant as a preliminary assessment of mental health issues or illnesses. Runs multiple topic-specific blogs and online communities.

[Therapy Assistance Online](#) – Online self-help library featuring modules designed to help develop life skills or overcome particular challenges in life. Features interactive exercises that take 15-30 minutes to complete, as well as daily logs that can be completed on a smart phone, tablet, or computer. Useable on its own or as a supplement to therapy.