

COUNSELING SERVICES

www.kirkwood.edu/counseling (<http://www.kirkwood.edu/counseling/>)
3034 Iowa Hall
Student Services
319-398-5540

Kirkwood Regional Center at The University of Iowa
2301 Oakland Blvd, Coralville

Counseling is available to all students, free of charge. Students may contact Student Services at 319-398-5540, to schedule an appointment with one of our counselors. Telemental Health sessions are available as well as in-person sessions.

Counseling Services provides personal counseling on a variety of topics, including:

- Coping strategies for test anxiety, time management, stress reduction, and social anxiety
- Assertiveness skills and anger management
- Problem-solving and decision making skills
- Transitioning to independent living, homesickness and loneliness
- Mental health counseling
- Relationship issues
- Student advocacy
- Information and referral to campus and community resources