Mental Health Resources

Many people may experience feelings of stress, anxiety, isolation, and fear. Here are some campus and community resources to assist you.

**STUDENT RESOURCES**

**Student Counseling Services**
- Access mental health resources: [wellness.uchicago.edu/mental-health](http://wellness.uchicago.edu/mental-health)
- Request a tailored workshop by contacting Meeta Kumar, Director of Student Counseling Services (SCS), at [kumarm@uchicago.edu](mailto:kumarm@uchicago.edu) or Anne Brody, Clinical Director of SCS, at [abrody@uhs.bsd.uchicago.edu](mailto:abrody@uhs.bsd.uchicago.edu)

**Spiritual Life**
- Attend virtual Spiritual Life programs: [spirit.uchicago.edu](http://spirit.uchicago.edu)
- Contact Spiritual Life advisors: [spirit.uchicago.edu/contact](http://spirit.uchicago.edu/contact)

**COMMUNITY RESOURCES**

- Join UChicago Medicine’s COVID-19 Grief Support Group, which is open to UChicago Medicine patients and all members of the UChicago community. To learn more, email Jessica Jacoby at [jjacoby@bsd.uchicago.edu](mailto:jjacoby@bsd.uchicago.edu).
- Connect with your health insurance provider about available resources.
- Call [211](http://211) to learn about local health and human services.
- Text a crisis counselor for help: [www.crisistextline.org](http://www.crisistextline.org)
- Search online to learn about local resources in your area.

**FACULTY AND STAFF RESOURCES**

- Learn about the Staff and Faculty Assistance Program, including access to mental health resources: [humanresources.uchicago.edu/benefits/healthwelfare/sfap.shtml](http://humanresources.uchicago.edu/benefits/healthwelfare/sfap.shtml)
- Learn about spiritual care by contacting Maurice Charles, Dean of Rockefeller Chapel, at [mcharles@uchicago.edu](mailto:mcharles@uchicago.edu)

**CHICAGO RESOURCES**

- Connect to a NAMI Chicago mental health counselor by calling [311](http://311) or [833.626.4244](http://833.626.4244).
- Contact the Bright Star Community Outreach trauma counseling hotline by calling [833.TURN.123](http://833.TURN.123).