

# Mental Health Resources

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

## STUDENTS

### Counseling Services

- Access mental health resources through UChicago Student Wellness: [wellness.uchicago.edu/mental-health](https://wellness.uchicago.edu/mental-health)
- Request a tailored workshop by contacting Meeta Kumar, Director of Student Counseling at [kumarm@uchicago.edu](mailto:kumarm@uchicago.edu) or Anne Brody, Associate Director of Clinical Operations, at [abrody@uhs.bsd.uchicago.edu](mailto:abrody@uhs.bsd.uchicago.edu).

### Spiritual Life

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

## ACADEMICS AND STAFF

- Learn more about the University's assistance program, including services provided by Perspectives Ltd. and other mental health resources. Note that select resources are available to family members: [humanresources.uchicago.edu/benefits/healthwelfare/sfap.shtml](https://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).

## COMMUNITY

- 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** to learn about local health and human services.
- Text a crisis counselor for help: [www.crisistextline.org](https://www.crisistextline.org)
- Search online to learn about local resources in your area.

## CHICAGO

- Connect to a NAMI Chicago mental health counselor by calling **311** or **833.626.4244**.
- Contact the Bright Star Community Outreach trauma counseling hotline by calling **833.TURN.123**.
- Access free teletherapy services at Chicago Department of Public Health Mental Health Centers by calling **312.747.1020**.
- Get tips on managing anxiety related to COVID-19 (available in English, Spanish, Polish, Chinese, Tagalog, and Arabic): [bit.ly/COVID19\\_Help](https://bit.ly/COVID19_Help).
- Find out how the Center for Disease Control suggests coping with COVID-19 anxiety: [bit.ly/CDC\\_COVID\\_Coping](https://bit.ly/CDC_COVID_Coping).
- Read suggestions about how to talk to children about COVID-19 (available in English, Spanish, Polish, Chinese, Tagalog, and Arabic): [bit.ly/COVID19\\_Help](https://bit.ly/COVID19_Help).

