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](http://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@uhsbsd.uchicago.edu](mailto:abrody@uhsbsd.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)

**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](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).

**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](http://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.