

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

Counseling Services

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

Spiritual Life

- Attend virtual Spiritual Life programs: spirit.uchicago.edu
- Contact Spiritual Life advisors: spirit.uchicago.edu/contact

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
- Learn about spiritual care by contacting Maurice Charles, Dean of Rockefeller Chapel, at mcharles@uchicago.edu.

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.
- 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
- Search online to learn about local resources in your area.

CHICAGO RESOURCES

- 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.
- Find out how the Center for Disease Control suggests coping with COVID-19 anxiety: 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.

