How to Access Mental Health Services

**Therapist-on-Call**
773.702.3625
Talk with a clinician by phone, 24/7, to share concerns and determine next steps for support.

**Virtual Sessions**
Call 773.834.WELL to schedule a phone or Zoom session with one of our clinicians, or visit wellness.uchicago.edu/therapygroups to learn about our Therapy Group options.

**Virtual Drop-In Sessions**
Meet with a therapist by dropping into one of our Let's Talk sessions. Learn more at wellness.uchicago.edu/letstalk.

**Virtual Workshops**
Visit wellness.uchicago.edu/weekly workshops for a list of weekly virtual workshops on topics such as coping with stress during the pandemic and managing anxiety, among others.