



UChicago Student Wellness

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/weeklyworkshops for a list of weekly virtual workshops on topics such as coping with stress during the pandemic and managing anxiety, among others.