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 773.702.9800 to schedule a phone or Zoom session with one of our clinicians, or visit [wellness.uchicago.edu/therapygroups](https://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](https://wellness.uchicago.edu/letstalk).

**Virtual Workshops**
Visit [wellness.uchicago.edu/weekly workshops](https://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.