HOW TO ACCESS MENTAL HEALTH SERVICES

UChicago Student Wellness provides virtual access to mental health care with the following options:

**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**
Teletherapy, telepsychiatry, and confidential consultations are available with clinicians by phone or via Zoom.

**FOR VIRTUAL APPOINTMENTS**
773.702.9800
Call to schedule a phone or Zoom session with one of our clinicians.

The counseling office remains open during Autumn Quarter, 8:30 a.m.–5 p.m., Monday–Friday. However, due to social distancing guidelines, we ask that you first call before coming into our office, located at 5555 S. Woodlawn Ave.

**VIRTUAL WORKSHOPS**
Visit wellness.uchicago.edu/mental-health/weekly-workshops for a list of virtual workshops available.