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 to learn about our Therapy Group options.

Due to COVID-19 precautions, we will have a small presence in our office at 5555 S. Woodlawn Ave. (8:30 a.m.–5 p.m., M–F). Please call for assistance in scheduling or speaking with our Therapist-on-Call.

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.