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.

**Make an Appointment**
Virtual Initial Appointments with one of our therapists can be made online at [wellness.uchicago.edu/login](http://wellness.uchicago.edu/login) or by calling 773.834.WELL. Follow-up appointments may be virtual or in-person. Your clinician will discuss the next steps in your first meeting.

**Drop-in Options**
Meet with a therapist by dropping into one of our Let's Talk sessions. Learn about Let's Talk at [wellness.uchicago.edu/letstalk](http://wellness.uchicago.edu/letstalk).

**Virtual Workshops**
Visit [wellness.uchicago.edu/weekly workshops](http://wellness.uchicago.edu/weekly workshops) for a list of weekly virtual and in-person workshops, on topics such as managing anxiety and overcoming procrastination, and support spaces for underrepresented students.