



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.



Make an Appointment

Virtual Initial Appointments with one of our therapists can be made 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.



Virtual Workshops

Visit wellness.uchicago.edu/weeklyworkshops 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.