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/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.