

MENTAL HEALTH RESOURCES ON CAMPUS

*Everyone encounters difficulties with thoughts, feelings, or emotions at any time and for any reason. To best prepare you to be an advocate for the mental health of yourself and fellow students, here is a list of people and services on campus that are here to help. **You are not alone.***

University Health Services (UHS)

www.uhs.wisc.edu/mental-health

333 East Campus Mall, 7th floor
(608) 265-5600

UHS Mental Health Services offer a variety of services including individual and group therapy and wellness programs. Individual therapy may be single session or on-going. For an initial “access” consultation, schedule an appointment over the phone at (608) 265-5600 (option 2) or through MyUHS (myuhs.uhs.wisc.edu). During the access consultation, you’ll have a discussion with one of the Access Specialists who will ask several questions about your symptoms and experiences, and connect you with the services you need.

An on-call counselor can be reached any time, day or night, at 608-265-5600 (option 9).
If it is an emergency, dial 911.

Dean of Students Office

doso.students.wisc.edu/student-assistance

70 Bascom Hall
(608) 263-5700

The Dean of Students Office provides resources to students struggling with a variety of issues and seeks to be the “go to” spot for student assistance on campus. Reach them by phone, in-person, or online (Live Chat).

Let’s Talk

www.uhs.wisc.edu/mental-health/lets-talk

Let’s Talk is a program that provides drop-in consultations at locations around campus for UW-Madison students. It’s free, no appointment is necessary, and students are seen on a first-come, first-served basis. Just drop in for an informal, friendly, and confidential consultation. Speaking with a counselor consultant can help provide insight, solutions, and information about other resources.

National Alliance on Mental Illness (NAMI) - UW

www.namiuw.org

nami.wisco@gmail.com
facebook.com/wisconsinamioncampus

NAMI-UW is a student organization dedicated to promoting mental health and fighting the stigma against mental illness through education, advocacy, and support.

Bandana Project

www.namiuw.org/the-bandana-project

facebook.com/TheBandanaProject

A lime green bandana on a backpack is a sign of stigma-free, quiet solidarity. This indicates the individual is safe to approach with mental health-related issues, that they know where resources are, and that they hold resource cards (provided by the UWPD) with outlets to get help and support in times of crisis such as UHS, NAMI-UW, and National Crisis Lines.

UWell

uwell.wisc.edu

UWell is a campus initiative promoting the overall wellness of the UW-Madison campus community. Although wellness is a broad term that can have a different meaning to each individual, UWell has defined it as an active process of becoming aware and making active choices toward a successful way of being.

Not sure where to start? You can always contact your Graduate Coordinator .