

UHS Mental Health Services



UHS | University
Health Services
UNIVERSITY OF WISCONSIN-MADISON

UHS Mental Health Services

608.265.5600

uhs.wisc.edu

Monday/Tuesday 8:30 am–7 pm

*(M/T evening hours when
classes are in session)*

Wednesday 8:30 am–5 pm

Thursday 9:30 am–5 pm

Friday 8:30 am–5 pm

Access Appointments

Online: MyUHS

Phone: 608.265.5600 (option 2)

Emergencies & After Hours

24-hour Mental Health Crisis Services

608.265.5600 (option 9)

Survivor Services

608.265.5600 (option 3)

uhs.wisc.edu/survivor



DoIT | 10.000 | 7/2019



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Services for students

ACCESS APPOINTMENT

The first step to Mental Health Services is an Access Appointment. Access Appointments are completed over the phone (in-person appointments are also available). Sign up for a time using MyUHS or call our front desk. During the appointment, you'll talk with a counselor who will listen and discuss the best resources for you. Plan for 20 minutes.

COUNSELING

UHS counselors provide individual and couple/partner counseling and use brief, solution-focused methods while attending to developmental and identity-related mental health concerns. Counseling sessions typically last 50 minutes, and mental health providers address emotional, psychological, physical, interpersonal, academic, or other issues that cause distress.

GROUP COUNSELING

Group counseling is an opportunity to share experiences, learn different perspectives, and experiment with new behaviors in a safe and supportive environment. Groups typically meet weekly and address many issues including relationships, depression, anxiety, stress, and skill building. Drop-in workshops are also offered. Check our website for the current schedule.

PSYCHIATRY

UHS offers outpatient psychiatric care that focuses on medication management and evaluation. Our integrated clinical approach includes a previous treatment review, a thorough diagnostic evaluation, and a treatment plan proposal.

LET'S TALK

Let's Talk provides informal, confidential consultations at locations around campus during the academic year. No appointment is necessary. Let's Talk is not a substitute for mental health treatment, but counselors can listen to specific problems, explore solutions, and introduce you to what it's like to speak to a staff member. Check our website for times and locations.

SURVIVOR SERVICES

Survivor Services provides confidential counseling and advocacy to UW-Madison victims and survivors of sexual assault, sexual harassment, dating violence, domestic violence, and stalking. Check our website for information on how to connect to this support.

Visit uhs.wisc.edu/mental-health for more information and resources. All Mental Health services are included in the student health fee you pay as an enrolled student.