UHS Mental Health Services
608.265.5600 (option 2)
uhs.wisc.edu

Monday ..................... 8:30 am–5 pm
Tuesday ...................... 8:30 am–5 pm
Wednesday ................ 8:30 am–5 pm
Thursday .................... 9:30 am–5 pm
Friday ......................... 8:30 am–5 pm

Some evening appointments are available.

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-resources/
survivorservices@uhs.wisc.edu

Self-schedule with advocacy via Starfish portal.
ACCESS APPOINTMENT
The first step to Mental Health Services is an Access Appointment. Access Appointments are completed over the phone. 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 20–30 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 one-on-one consultations with counselors. It is not a substitute for mental health treatment. Counselors can listen to problems, explore solutions, and introduce you to what it’s like to speak to a counselor. Students can schedule a virtual Let’s Talk session or drop-in at various campus locations. Check our website for times and locations.

SURVIVOR SERVICES
Survivor Services provides free, confidential mental health and advocacy services to student survivors of sexual assault, relationship violence, sexual harassment and exploitation, and/or stalking. Our team can provide emotional support, individual/group counseling, academic/housing accommodations assistance, information about reporting options, and support for survivors to determine what is most helpful for them.

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.