

UHS Mental Health Services



UHS | University
Health Services
UNIVERSITY OF WISCONSIN-MADISON

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](http://uhs.wisc.edu/survivor-resources/survivorservices@uhs.wisc.edu)

Self-schedule with advocacy
via Starfish portal.

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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. 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.