Mental Health Services

- Individual, couple/partner, and group counseling
- 24-hour crisis services
- Let’s Talk consultations throughout campus
- Alcohol and other drug assessment and treatment
- Stress management services
- Disordered eating assessment and treatment
- Behavioral health consultations
- Case management services
- Psychiatric services
- Consultations for students, faculty, staff, and parents who are concerned about a student

Our staff includes: clinical social workers, psychologists, counselors, psychiatrists, nurse practitioners, case managers, and wellness providers (massage therapists, nutritionists, exercise specialists)

Note: A Resource of the Office, located on the above office for support of information.

After Hours Resources

- University Health Services 24-Hour Mental Health Crisis Services: 608-265-5600 (option 9)
- University Police Department: 911

You can also find personal wellness resources for faculty and staff at UWell located at uwell.wisc.edu.

Office Hours

- Monday to Friday: 8:00 AM to 4:00 PM

See Assistance Here

If you observe behaviors of concern:

- Student exhibits behavior that substantially impairs, interferes with or obstructs orderly processes and functions of the University
- Student exhibits behavior that deliberately interferes with instruction or office procedures
- Student exhibits behavior that is lewd or indecent
- Student exhibits behavior that breaches the peace
- Student exhibits disruptive behavior in class, on campus, or in the community
- Student does something significantly out of character
- Student acts peculiar and this is cause for alarm
- Student displays unhealthy or dangerous patterns of behavior

For immediate action:

- University Police (UWPD): 911
- University Health Services: 608-265-5600

Know your limits

While sometimes difficult to do, it is important that you realize the limits of your own responsibility when assisting distressed students. If you are involved in an intervention with a student:

- It does not mean you must (or can) resolve the student’s difficulties
- You are not responsible for the student’s emotional well-being

Responding to distressed students can be emotionally challenging. It is important to obtain support for yourself from colleagues, partners, friends, or consultation with Employee Assistance Office staff.

Employee Assistance Office

- Room 226, Lowell Hall
- 610 Langdon Street
- Madison, WI 53703
- 608-263-2987

Dean of Students Office

- 70 Bascom Hall
- 608-263-5700
- students.wisc.edu

If you notice behaviors of concern:

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- Student exhibits behavior that deliberately interferes with instruction or office procedures
- Student exhibits behavior that is lewd or indecent
- Student exhibits behavior that breaches the peace
- Student exhibits disruptive behavior in class, on campus, or in the community
- Student acts peculiar and this is cause for alarm
- Student displays unhealthy or dangerous patterns of behavior

Seek assistance here:

- Student is threatening the safety of self or others
- Student is acting in a frightening or threatening manner
- Student is not leaving the classroom after being asked to leave
- Student is reporting or initiating a threat or bomb scare

UHS | University Health Services

333 East Campus Mall
608-265-5600
24-Hour Mental Health Crisis Services: 608-265-5600 (option 9)

More details at:

uhs.wisc.edu/mental-health

UHS | University Health Services

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Employee Assistance Office Room 226, Lowell Hall 610 Langdon Street Madison, WI 53703 608-263-2987

If You Notice Behaviors Of Concern

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SEEK ASSISTANCE HERE
University Police (UWPD)
Emergency: 911
Non-Emergency: 608-264-COPS (2677)

You can also find personal wellness resources for faculty and staff at UWell located at: uwell.wisc.edu/
Recognize

- Mental Health
  - Shares concerns about a potentially acute illness/injury
  - Asks for medical advice
  - Appears ill
  - Obvious physical injury
  - Sudden onset of pain
  - Bleeding that won’t stop
  - Loss of consciousness

- Emergency Care
  - Loss of consciousness
  - Breathing difficulty (shortness of breath)
  - Bleeding that won’t stop
  - Sudden onset of pain
  - Obvious physical injury

- Acute Illness/Injury
  - Appears ill
  - Sudden onset of pain
  - Obvious physical injury

- Academic
  - Poor performance and preparation
  - Excessive absences or tardiness
  - Repeated requests for special consideration
  - Unusual or changed patterns of interaction
  - Disruptive or avoidance behavior
  - Problems with peers, faculty, staff, or family members
  - Exaggerated emotional response that is inappropriate for the situation

- Changes in Behavior/Appearance
  - Depressed or lethargic mood
  - Hyperactive mood or speech
  - Swollen or red eyes
  - Swollen or red eyes

- Suicidal/Homicidal References
  - Verbal or written references to suicide
  - Dramatic weight gain or loss
  - Change in personal hygiene or dress
  - Swollen or red eyes

- Urgent Response
  - Overt emotional response or withdrawal when sexual violence, dating violence, stalking, or child abuse are topics of class discussion
  - Sudden change in academic performance
  - Visible bruises on face, throat, arms, or legs
  - Sudden change in demeanor (for example, a formerly quiet student becomes withdrawn, or a formerly easy-going student appears angry all the time)
  - Asks not to be grouped with a particular student in group projects or assignments
  - Expresses fear of another student in the same class
  - Student communication indicates having been a victim of a sexual assault, stalking, hazing, hate crime, or other crime

- Less Urgent Response
  - Overt emotional response or withdrawal when sexual violence, dating violence, stalking, or child abuse are topics of class discussion
  - Sudden change in academic performance
  - Visible bruises on face, throat, arms, or legs

- Emergency Care
  - Do not move an injured person (unless they are in immediate danger)
  - Reassure and attempt to calm the injured/ill person
  - Immediately call for help
  - Stay with person until help arrives

- Acute Illness/Injury
  - Talk to the student in private
  - Refer student to UHS
  - Ask for medical advice

- Medical
  - Tuberculosis
  - Pertussis
  - Meningitis

- Additional Concerns
  - Discourteous or Threatening Conduct
  - Throwing items in anger
  - Brandishing a weapon
  - Refusing to leave classroom
  - Refusing the option to leave

- Harassment
  - Phone calls, text messages, or any type of continued communication after the person has been told to stop

- Disorderly Conduct
  - Inappropriate outbursts or persistent interruptions
  - Continued arguing beyond the scope of academic debate

- Disruptive or Threatening Conduct
  - Throwing items in anger
  - Brandishing a weapon
  - Refusing to leave classroom
  - Refusing the option to leave

- Academic
  - Overwhelmed by a problem at the University
  - Debilitated by a family emergency or life experience
  - Academic difficulty due to physical, psychological, or learning disability
  - Student communication indicates need for disability accommodations
  - Unable to function academically and needs a break from school

- Recognize

- Respond

- Refer

- Mental Health Services
  - 333 East Campus Mall
  - 7th Floor
  - uhs.wisc.edu

- University Health Services
  - Mental Health Services
  - 333 East Campus Mall
  - 7th Floor
  - 608-264-2095
  - 24-hour crisis line: 608-265-5600 (option 9)

- Less Urgent Response
  - Overt emotional response or withdrawal when sexual violence, dating violence, stalking, or child abuse are topics of class discussion
  - Sudden change in academic performance
  - Visible bruises on face, throat, arms, or legs

- University Police Department
  - 911
  - Non-Emergency: 608-264-2095 (2677)
  - uwpd.wisc.edu

- Less Urgent Response
  - 608-264-2095 (option 9)

- Dean of Students Office
  - 608-265-7570
  - rapecrisiscenter.wisc.edu

- Less Urgent Response
  - 608-264-2095 (option 2)

-/UHS

- University Police Department
  - 911
  - Non-Emergency: 608-264-2095 (2677)
  - uwpd.wisc.edu

- Less Urgent Response
  - 608-264-2095 (option 9)

- Dean of Students Office
  - 608-265-7570
  - www.wisc.edu

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  - 608-264-2095 (option 2)

- UHS

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