University Health Services provide numerous opportunities to support student mental health:

- **Individual Counseling** - opportunities to improve mental health, where counselors use relational and solution-focused methods and attend to the developmental, identity-related, and mental health concerns of students
- **24-hour Crisis Service** - for risk of suicide or concern about well-being of a student, speak with an on-call counselor at 608-265-5600, option 9
- **Let’s Talk** - informal drop-in consultations with a counselor
- **SilverCloud** – a self-guided, interactive resource for cognitive behavioral interventions
- **Psychiatry** - outpatient care focused on medication management and evaluation
- **Group Counseling** - connection with others in safe, confidential, and supportive spaces, where participants share experiences and learn new ideas and behaviors. A sampling of this semester’s support groups include:
  - Graduate Students Group
  - Graduate Women’s Group
  - Graduate Students of Color Group
  - Dissertators Group
  - Grief Support Group
  - LGBTQ Support Group
  - Latinx Support & Process Group
- **Resilience through Connection for Graduate Students** - designed to share tips and tools for thriving on various topics:
  - Managing Workloads (organization, motivation, prioritizing, and more)
  - Grad-ification (personally thriving, imposter phenomena, work/life balance, and more)
  - Life in the Grad Lane (resilience, managing uncertainty, and more)
- **Survivor Services** - confidential support for survivors of sexual assault, sexual harassment, dating violence, domestic violence, and/or stalking
- **Substance Abuse** - alcohol and other drug assessment and recovery support
- **Processing Spaces** - confidential support and consultation with peers and counselors