

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