



***“COULD BENEFIT FROM  
EMOTIONAL WELL-BEING  
RESOURCE INFORMATION”***

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***Navigate Alert Content***

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INCLUDED  
RESOURCES

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YOU@UWM

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Mindfulness Resources/Mindful Space

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Let's Talk

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BASICS

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Counseling Services – in person & telehealth

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24/7 Mental Health Support Line

## WHEN TO USE

- A student could use support with self-care.
- A student (who is not in crisis) could benefit from counseling services.
- After a conversation with the student about these needs.
- To provide students with information about resources to allow them to “opt in” to what fits best.

## WHEN NOT TO USE

- A student is in crisis or severe distress.
- There is concern about a student's immediate safety.
- A student needs to be directly connected with support.
- When unsure about the severity of support that is needed.
- Before a conversation about emotional well-being needs/concerns.

# CRISIS RELATED RESOURCES

- Student Health and Wellness Center - 414-229-7429 (refer/consult)
- 24/7 UW System Mental Health Support Line - 888-531-2142 (call or chat)
- UWMPD

- Available Trainings:

*Campus Connect*



*Mantra Health Webinars*

