

## Helpful Mental Health Related Resources

[University Counseling Services](#) provides short-term therapeutic services for all students at UWM. It provides individual, relationship, group, crisis response, case management, outreach, psychiatry, as well as consultation for faculty and staff on concerning student issues. The Let's Talk program is a daily informal problem-solving drop-in discussion where students can meet with a counselor. Students can schedule a session by logging on to the UCS webpage.

[SilverCloud](#) is an online, self-guided, interactive mental health resource available to faculty, staff and students at any time, on any device. [SilverCloud](#) is not designed to replace in-person mental health treatment but may be an effective option for those with mild to moderate symptoms. Self-guided programs address anxiety, depression, stress, sleep, and resilience.

Anonymous, [online mental health self-screenings](#) are available for depression, anxiety, post-traumatic stress, and disordered eating behaviors. Brief screenings are the quickest way to determine if you or someone you care about should connect with a behavioral health professional.

Looking for more resources? Wondering how you might be able to support someone? The [Mental Health Resource website](#) is intended to help members of the UWM community who are experiencing emotional distress and to support those who provide support for these individuals.

[You@UWM](#) is a wayfinder for students to access tips, guidance and resources designed to help keep their academics, well-being and social connections on track. This web-based portal provides a space to check in, set goals, and explore UWM resources and services.

[One-on-One Student Interactions Guide](#) helps each of us develop general consistency and promote UWM as a caring and respectful campus! The guide, compiled and edited by the Dean of Students Office, contains some easy methods and quick reminders of how to work with and respond to students when they come to us with questions or concerns.

The [Virtual Student Union](#) is a digital space where students can browse upcoming events, find links to activities and ways to engage with other students and even find community at UWM.

The [UWM Student Handbook Resource Website](#) has been reconstructed to give readers better access to student resources, services and a greater ability to navigate their time at UWM.

[Employee Assistance Program](#) for UWM employees offers assistance with a wide range of issues. FEI's network of counselors and partners are located all across the country. UWM employees have access to highly skilled, licensed, professional counselors, work-life specialists, as well as legal and financial experts at no cost to you.

## Crisis Resources

### UWM:

[University Counseling Services](#) (weekday business hours, only) – 414-229-4133

For students who have urgent needs that are not life threatening, brief crisis sessions are provided to help stabilize the situation and determine what further services may be necessary. A University Counseling Services counselor is on-call from 9am–3pm Monday through Friday. If you have a student in need, call UCS and a counselor will assess the student risks and get them to where they need to go.

### UWMPD

Call 911 or UWM Police 414-229-9911 (9-911 campus phone) for immediate assistance

### Local Resources:

- Columbia-St. Mary's Emergency Services (24/7) – 414-291-1200
- Milwaukee County Crisis Line (24/7) – 414-257-7222
- Washington County Crisis Line [\(262\) 365-6565](tel:2623656565)
- Waukesha County Crisis Line [\(262\) 548-7666](tel:2625487666) (business hours) [\(262\) 547-3388](tel:2625473388) (non-business hours)

### 24/7 Suicide Prevention Hotlines:

- National Suicide Prevention Lifeline (24/7) – 1-800-273-TALK (8255) (TTY Accessible – 1-800-799-4TTY)
- Trevor Lifeline for LGBTQ (24/7) – 1-866-488-7386
- Veterans Crisis Line (24/7) – 1-800-273-TALK, Press 1
- Crisis Text Line – text HELLO to 741-741 or visit: [www.crisistextline.org](http://www.crisistextline.org)