

UWM Mental Health Resources



Self Care Wellness Hub

YOU @ UWM

For students looking for self-care tips, guidance, self-assessments, and other resources to keep their academics, well-being, and social connections on track.

On-Campus Mindfulness Spots and Resources

Student Health and Wellness Center - Mindfulness

For students looking for places to ground themselves and be mindful on campus. Additionally, this page offers techniques and online tips for students just getting started with mindfulness.

Online Discussion Platform

Togetherall

For students looking to take the next step on their mental health journey by connecting virtually with others who might be facing similar issues.

Brief Conversations with a Counselor

Let's Talk

For students who want to talk about a concern with a counselor from the Student Health and Wellness Center, without having to start therapy.

Alcohol and Other Drug Support

BASICS

For students who want to explore their use of alcohol and other drugs in a confidential and non-judgmental setting.

Counseling Services

Student Health and Wellness Center - Counseling

For students ready for short-term in-person or virtual individual, couples, or group therapy with a counselor at UWM. Psychiatry and case management services are also available.

Virtual Therapy and Coaching

Mantra Health

For students seeking day or night, weekday or weekend access to virtual therapy, self-help resources, productivity coaching, and more in an iOS and Android App.

Call – Text – Video Chat Support and Crisis

UW Mental Health Support 24/7 - 1-888-531-2142

For students or a loved one facing a mental health crisis or in need of immediate support. Text and video chat support available 12/7 and call support available 24/7. Available in Mantra Health.



**STUDENT HEALTH
AND WELLNESS CENTER**

Medical • Counseling • Health Promotion and Advocacy