

# Emotional Well-Being Resources



## **YOU@UWM** [you.uwm.edu](https://you.uwm.edu)

YOU@UWM is your go-to hub for self-care tips, guidance, and resources to help keep your academics, well-being, and social connections on track. The online portal provides a space to check in with yourself, set goals, and explore UWM resources and services, 24/7. Create a confidential account with your ePantherID.

## **Mindfulness Resources** [uwm.edu/wellness/mindfulness/](https://uwm.edu/wellness/mindfulness/)

Looking for help with staying focused, stress relief, self-acceptance, or sleep? Practicing mindfulness can help. Visit the website for information on available campus mindfulness spaces, events, and related resources. The Mindful Space at the Student Health and Wellness Center is a tranquil place to catch your breath, quiet your mind and relax with a massage chair, virtual reality goggles, and happy lamps. Reserve your 30-minute session at [uwm.edu/wellness/the-mindful-space/](https://uwm.edu/wellness/the-mindful-space/)

## **Let's Talk** [uwm.edu/wellness/counseling/lets-talk](https://uwm.edu/wellness/counseling/lets-talk)

Whether it's stress, sadness, relationship or academic problems, sharing your concerns with another person can make a positive difference. "Let's Talk" is a brief, informal, virtual consultation with a counselor from the Student Health and Wellness Center. Visit the Let's Talk website to sign up for a session!

## **BASICS** [uwm.edu/basics](https://uwm.edu/basics)

If substance use is causing an imbalance in school, relationships, energy levels, or other areas of your life, consider exploring your use in a confidential and non-judgmental setting. In the BASICS program, you can safely reflect on alcohol, cannabis or other drug use, consider options for making a change, and learn about additional support. Visit the BASICS website to learn more and schedule an appointment.

## **Counseling Services** [uwm.edu/wellness/counseling](https://uwm.edu/wellness/counseling)

Student Health and Wellness Center (SHAW) Counseling Services provides a wide range of in-person and virtual mental health services for UWM students including short-term individual, group and couples therapy. Psychiatry and case management services are also available. Visit the SHAW website or call 414-229-7429 for more information on how to schedule an appointment.

## **Mantra Health** [uwm.edu/wellness/expanded-counseling-services/](https://uwm.edu/wellness/expanded-counseling-services/)

Mantra Health expands the availability of teletherapy services for students to include evening and weekend appointments and additional identity-specific counselors. Mantra counselors provide free, short-term psychotherapy to UWM students for whom teletherapy is appropriate and works collaboratively with the Student Health and Wellness Center to ensure quality care is delivered. For more information about Mantra Health, visit the link above. You can schedule an appointment at <https://app.mantrahealth.com/begin> using your UWM email address to log in.

## **24/7 Mental Health Support Line** 1-888-531-2142

If you or a loved one is facing a mental health crisis or in need of immediate support, call or text UW Mental Health Support 24/7 at 888-531-2142, or start a chat in the UWM Mental Health Support 24/7 Portal. More information about the UWM Mental Health Support 24/7 line can be found at [uwm.edu/wellness/expanded-counseling-services/](https://uwm.edu/wellness/expanded-counseling-services/)

