



We're here for **U**  
when you need  
someone to talk to.



Student Mental Health & Wellness



Students receive  
**FREE IMMEDIATE**  
**ACCESS TO TELETHERAPY**

Choose a therapist based on your preferences  
*gender, language, ethnicity, focus area*

at a time that fits your schedule  
*day, night, weekend availability by video, phone, chat or message*

Private. Secure. Confidential.

Scan QR code to get started  
using your school email



Experiencing a mental health crisis?  
Help is available 24/7/365

**833.646.1526**

*If you are experiencing a medical emergency call 911.*