Need help now!

- Call 911!

- **UHS Mental Health Crisis Support Line** is staffed 24/7
  Call 608-265-5600 (option 9)
  [https://www.uhs.wisc.edu/mental-health/24-hour-crisis-services/](https://www.uhs.wisc.edu/mental-health/24-hour-crisis-services/)

- **Crisis Text Line**: Text HOME to 741741; 24/7
  [https://www.crisistextline.org/](https://www.crisistextline.org/)

- **National Suicide Prevention Lifeline**
  Call 800-273-8255 or 988 (starting on July 16, 2022)
  [https://suicidepreventionlifeline.org/](https://suicidepreventionlifeline.org/)

- **Veterans Crisis Line**
  Call 800-273-8255 (TALK) (press 1); Text: 838255
  [https://www.veteranscrisisline.net/](https://www.veteranscrisisline.net/)

Need to see someone!

- University Health Services
  Getting started: schedule a 20-minute Access Appointment **608-265-5600 (option 2)**
  [https://www.uhs.wisc.edu/mental-health/getting-started/](https://www.uhs.wisc.edu/mental-health/getting-started/)

- Counseling Psychology Training Clinic (CPTC)
  Training clinic run by the UW–Madison Department of Counseling Psychology

- The Dean of Students Office Drop In
  Drop-In: [https://doso.students.wisc.edu/contact-us/drop-in-appointments/](https://doso.students.wisc.edu/contact-us/drop-in-appointments/)
  Assistance Request Form:

Self-guided resources

- Silver Cloud
  [https://www.uhs.wisc.edu/mental-health/silvercloud/](https://www.uhs.wisc.edu/mental-health/silvercloud/)

- YOU@Wisc
  [https://you.uhs.wisc.edu/](https://you.uhs.wisc.edu/)

Other resources

- National Alliance on Mental Illness-UW-Madison
  [https://www.namiuw.org/](https://www.namiuw.org/)