



# *Mental Health Support*

Chemistry Learning Center 4330 Medical Sciences Center <https://clc.chem.wisc.edu>

Photo by: [Ruthson Zimmerman](https://unsplash.com/photos/gdsV6uOPB1U); <https://unsplash.com/photos/gdsV6uOPB1U>

## **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/>
- **Crisis Text Line:** Text HOME to 741741; 24/7  
<https://www.crisistextline.org/>
- **National Suicide Prevention Lifeline**  
Call 800-273-8255 or 988 (starting on July 16, 2022)  
<https://suicidepreventionlifeline.org/>
- **Veterans Crisis Line**  
Call 800-273-8255 (TALK) (press 1); Text: 838255  
<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/>
- Counseling Psychology Training Clinic (CPTC)  
Training clinic run by the UW–Madison Department of Counseling Psychology  
<https://counselingpsych.education.wisc.edu/clinic-and-outreach/cptc/>
- The Dean of Students Office Drop In  
Drop-In: <https://doso.students.wisc.edu/contact-us/drop-in-appointments/>  
Assistance Request Form:  
[https://cm.maxient.com/reportingform.php?UnivofWisconsinMadison&layout\\_id=21](https://cm.maxient.com/reportingform.php?UnivofWisconsinMadison&layout_id=21)

## **Self-guided resources**

- Silver Cloud  
<https://www.uhs.wisc.edu/mental-health/silvercloud/>
- YOU@Wisc  
<https://you.uhs.wisc.edu/>

## **Other resources**

- National Alliance on Mental Illness-UW-Madison  
<https://www.namiuw.org/>