

## Mental Health and Wellness Resources

University Health Services (UHS) offers a safe and confidential environment with a variety of support services available free of charge and open to all graduate students. These include [individual](#), [couple/partner](#), and group counseling, as well as [stress management](#) and [psychiatry services](#).

Beginning this fall, UHS is employing Access Consultation phone screening to replace the drop-in triage system. Students can call 608-265-5600 or log in to [MyUHS](#) for 24-hour appointment booking. Same day appointments are often available, and students will be able to have a consultation within two days.

If there is a risk of suicide or concern about well-being of a student, call [UHS 24-hour crisis service](#) to speak with an on-call counselor at 608-265-5600, option 9. If a situation is immediately life threatening, call 911.

In addition, UHS hosts a variety of group counseling opportunities:

***Dissertators' Group*** - A supportive group environment focused on the emotional, behavioral, and organizational challenges associated with the dissertation process. [Click here and open Support-Theme Groups for the schedule.](#)

***Graduate Students' Group*** - This group examines the sources of stress, ways of coping, and the role of peer support in adjusting to a role that often feels like it's 24/7 as a graduate student. [Click here and open Support-Theme Groups for the schedule.](#)

***Graduate Women's Group*** - Through offering support to others and receiving support, group members are challenged to learn about themselves, initiate change, and exercise honesty in a safe space. [Click here and open Support-Theme Groups for the schedule.](#)

***Drop-in Survivor Support Group*** - UHS provides weekly drop-in confidential support groups for victims of sexual assault, intimate partner violence, stalking, and sexual harassment. [Click here for more information.](#)

***First-generation Students Support Group*** - Students who have not had the example of a parent graduating college often face numerous challenges and may feel at a disadvantage relative to college peers. [Click here and open Support-Theme Groups for the schedule.](#)

The groups listed above are just a few examples. [Additional groups](#) address relationships, depression, anxiety, and other topics. Groups typically meet one to two hours weekly, and may run from four to 12 weeks per semester.

Additional support and resources on campus include:

***Wellness Initiatives*** – UHS's [interdisciplinary program](#) is designed to assist students' pursuit of healthy mind, body, and spirit. Programs include: healthy living, nutritional counseling, mindfulness, exercise consultation, yoga, massage, stress management, and more. And be sure to attend the November 15 [UW Wellness Symposium](#).

**Let's Talk** – UHS offers drop-in consultations at locations around campus. It's free, no appointment is necessary, and students are seen on a first-come, first-served basis. [Click here for the schedule.](#)

**Support for student military veterans** – Student veterans transitioning to civilian life face unique challenges. UHS tailors support to this population including walk-in access to counselors experienced in working with veterans. [Click here for more information.](#)

**Sexual Violence Prevention Program** - UHS provides an online violence prevention program, which all incoming graduate students at UW-Madison are expected to complete. [Click here for more information.](#)

**Victim Advocacy Open Access Hours** – Drop-in support, information, and referral with confidential victim advocates for students who have experienced sexual assault, intimate partner violence, stalking, and/or sexual harassment. Located on the 8<sup>th</sup> floor of UHS (333 East Campus Mall), hours are M/T/W 1-4pm, and Th/F 9am-12pm.

**UWell** – This is a comprehensive wellness initiative aiming to advance the health and wellbeing of the entire campus community by promoting existing resources. [Visit UWell here.](#)

**Dean of Students Office** – This office is committed to fostering a caring environment for all students. Responsibilities include the [Bias Reporting Process](#), addressing [Sexual Assault, Dating, and Domestic Violence](#), as well as many [other issues affecting student wellbeing](#).

**Ombuds Office** – University employees, including graduate students, can seek guidance regarding workplace concerns without fear of reprisal and at no cost to them. [Click here for more information.](#)

In addition to utilizing UHS's services, you might also refer graduate students who hold assistantship appointments to seek mental health services covered by their [health insurance plan](#).