

Mental Health Resources at UW-Madison

This document is a collection of resources available to UW-Madison students. The first section '[Overall Support](#)' outlines resources that can be utilized by all students. The second section '[Additional Resources - College of Engineering Lens](#)' incorporates resources shared by Assistant Dean Rachel Jones. Note that this document is NOT fully comprehensive of all resources that exist.

Overall Support

- Suicide & Crisis Lifeline: Call or text 988
- [UW-Madison UHS 24-hour crisis services](#): Call (608) 265-5600, select option 9 for crisis services
- [McBurney Disability Resource Center](#)
- Dean of Students - [Christina Olstad](#)
- [University Health Services \(UHS\)](#)
 - [Mental Health Services](#)
- [Multicultural Student Center](#) (find community, resources, bias reporting, etc)
 - [Asian Pacific Islander Desi American \(APIDA\) Student Center](#)
 - [Black Cultural Center](#)
 - [Indigenous Student Center](#)
 - [Latinx Cultural Center](#)
 - [Badger Fare](#) (help with food insecurity)
- [Gender and Sexuality Campus Center](#)
 - [Support & Crisis](#)
 - [Navigate Campus](#)
 - [Healthy Relationships](#)
- [International Student Services](#)
 - [Resources](#) (academic, career development, financial, legal, social, wellness, and more)
- [University Veteran Services](#) (help military-affiliated students navigate college/academic success)
- Computer Science Resources:
 - [Computer Sciences Learning Center](#) (the CSLC offers free drop-in tutoring)
 - [Student Organizations in Computer Science](#) (help students build community)
 - [Diversity & Inclusion Resources](#)
- [Transfer Transition Program](#) (help transfer students find community and resources)
- [Office of Child Care and Family Resources](#) (support for student parents)
- [Office of Student Financial Aid](#) ([services](#) - Advising Appointments, Basic Needs Support, Emergency Support, Success Services, Workshops/Events, Outreach; [types of aid](#) - Wisconsin Commitments, Banner, Scholarships & Grants, Employment Options, Loans)
- [Office of Undergraduate Advising](#) (each student has at least one, who can support items related and non-related to specific academic paths, see [Starfish Student Resources](#) for how to schedule)
- [Student Success Workshops](#) (strategies to confront academic challenges and enhance academic success)
- [RecWell Wellness Coaching](#) (one-on-one or group wellness coaching services and goal setting)

Additional Resources - College of Engineering Lens

The following resources and descriptions were shared in February 2023 by Assistant Dean for Student Services Rachel Jones within the College of Engineering. Note that only a subset of these resources are available to College of Engineering students specifically and that many of them are available to all students at UW-Madison.

Outline

1. Clinical Services
 - a. Access appointment
 - b. UHS 24/7 Crisis Line
 - c. Group Counseling
 - d. Drop-In Groups
 - e. Workshops
 - f. Student Success Workshops
 - g. Topic or Skill-Based Workshops
2. Survivor Services
 - a. Support groups
 - b. Advocacy services
 - c. 'Reclaiming Campus: Ground & Reflect' Events
3. Let's Talk
4. Crafts and Conversation
5. Other Resources
 - a. Connecting Badgers Podcast
 - b. Healthy Academics Toolkit
 - c. Recognize, Respond, Refer: Suicide Prevention Training for Faculty and Staff
 - d. Suicide Prevention Training for UW-Madison Students
 - e. Badger Support Network
 - f. MHS Instagram
 - g. RecWell's Wellness Coaching
 - h. Group Wellness Coaching
6. Overall Tips

Start of Message from Assistant Dean Jones

UW-Madison 24-hour crisis services: 608.265.5600 (select option 9 for crisis services)

988 Suicide & Crisis Lifeline (call or text 988)

CLINICAL SERVICES

New clients start with a phone screening, called Access appointments, to collaboratively determine a student's needs and connect the student to the best resources. To schedule an **Access appointment phone screening**, students can call **608-265-5600 (option 2)** or log on to MyUHS to web-book an appointment.

Our Access providers will guide students through what options may be available to them and collaboratively develop a plan to get students connected to support.

UHS 24/7 Crisis Line: For students in crisis, it is **highly** encouraged for them to contact our crisis line to be assessed, make plans for immediate support, and be referred to appropriate services. Crisis situations often include: intense thoughts of harming self or others, making plans or taking steps towards harming self or others, recently experiencing a traumatic event including hate/bias/discrimination, making choices that put them in immediate danger (e.g. alcohol or drug use, eating issues), hearing or seeing things others do not, going without sleep for two or more days, or having been recently discharged from a psychiatric hospital. Students with these experiences should not wait for the next available Access appointment and instead receive immediate assessment and support through our **24-hour crisis line: (608)265-5600 (option 9)**.

Group Counseling: Our [group therapy](#) offerings continue to be popular with students and the beginning of the semester is the best time to sign up. Students can self-refer and do **not** need an Access appointment to be referred to a group. Instead, students can call our front desk directly during business hours to request a pre-group orientation, which is an opportunity for them to learn more about the group and get signed up. Our groups cover a variety of topic areas, types of support, and communities served. For a full list of groups and descriptions, visit the [Group Counseling](#) webpage.

Drop-In Groups: MHS offers a variety of groups this spring that students can drop into without committing to the full semester. These are great options for students wanting to experience community, get support, and learn skills to manage a variety of concerns. Students must complete the brief online registration in order to receive a link to the group space. Below are the drop-in groups available this semester:

[UHS@Wheelhouse CHILLAX Fridays](#)

[Weekly Drop-in Meditation Group](#)

[Drop in Crafty Coping Community for Survivors](#)

[Mindfulness Sampler Drop-in Sessions](#)

[Drop in Latinx Support Group](#)

Workshops: MHS workshops differ from drop-in groups as they are more focused on skill-building and typically meet only once or twice. **Below are the Spring 2023 semester workshop offerings.**

Thrive Workshops: This series of virtual workshops is designed to share tips and tools for thriving at the university. All workshops will be held on Tuesdays from 5:30-6:30pm via Zoom. The full schedule and registration links are found [here](#). Topics for the semester are:

Date	Topic
Tuesday, March 21	Create your own plan: Practical information and skills for adjusting substance use
Tuesday, April 4	Quarter-life crisis
Tuesday, April 18	Improve your sleep
Tuesday, May 2	Test Anxiety

Student Success Workshops: MHS' [Student Success Workshops](#) are single session workshops that are offered multiple times throughout the semester and include the following topics that aim to provide participants with information and strategies to confront common academic challenges and enhance academic success:

- Focus Your Attention
- Make the Most of Your Time
- Take Down Test Anxiety

Students can sign up for these workshops directly through our [website](#). Come to one or all three workshops!

Topic or Skill-Based Workshops: These workshops are offered multiple times throughout the semester and aim to equip students with information and skills specific to various mental health topics:

- [Managing Anxiety & Depression Workshops](#)
- [Grad Resilience Workshops](#)
- [Drugs on Your Mind Workshop](#)
- [ADHD Skills Training \(5-session workshops\)](#)

Survivor Services:

Our [Survivor Services](#) unit continues to grow and expand supports available to student survivors of sexual assault, dating violence, domestic violence, sexual harassment, sexual exploitation, and/or stalking. A number of [support groups](#) are available specifically for survivors.

[Advocacy services](#) can help students with accommodations, information about rights and reporting options, accompaniments, referrals, and consultations. Advocacy is a great place to start for students who aren't sure what their options are or what they need.

Drop-in Advocacy Hours (Spring semester):

- Mondays: 9 am – noon, 1 – 4 pm
- Tuesdays: 9 am – noon
- Thursdays: 1 – 4 pm

Location: 333 East Campus Mall, 8th Floor – Survivor Services Suite

Survivor Services' "Reclaiming Campus: Ground & Reflect" Events

Join UHS Survivor Services and Violence Prevention for a series of collective healing spaces and events for survivors of sexual violence and allies to reclaim campus, find community with other survivors and allies, and reduce the stigma around survivorship.

The series will begin with three "grounding" events throughout the spring semester and culminate in April, in recognition of Sexual Assault Awareness Month (SAAM), with a silent gallery experience spotlighting significant historical events related to campus sexual assault activism throughout the last 50 years.

Events are open to any student who identifies as a survivor, ally, or is otherwise impacted sexual assault/harassment/or dating violence. Registration is not required. More information, including dates and locations, is available [HERE](#).

Let's Talk: Let's Talk is comprised of 20-minute one-on-one consultations with a UHS mental health provider that are free, confidential, and able to be scheduled up to the same day. No topic is off limits at Let's Talk. Consultations are available both in-person and [virtually](#). Students must sign up [HERE](#) for a virtual Let's Talk session.

Spring 2023 Let's Talk Schedule:

Day	Time	Location	Population
Mondays	10:30a-12:30p	Virtual	Focus: Engineering students
	1p-3p	Virtual	Open to all students
	3p-5p (EOW)	Virtual	Focus: SMPH students
	2p-4p	Virtual	Focus: BIPOC students
Tuesdays	10a-12p	Virtual	Focus: SMPH students
	10a-12p	Virtual	Focus: Business students
	12p-2p	Virtual	Focus: BIPOC students in SMPH
	1p-3p	Signe Skott Cooper Hall 1156	Focus: Nursing students
	1p-3p	Chadbourne Hall, Room 112	Focus: Sex, sexuality, and healthy relationships
	2p-4p	Red Gym, South Mezz Conf Room	Focus: APIDA students
	3p-5p	Virtual	Focus: SMPH students
	3p-5p	Virtual	Open to all students
	3p-5p	Bascom Hall, B36D	Focus: CAE/DDEEA students *only on these dates: 1/31, 2/14, 2/28, 3/28, 4/11, 4/25 **services are available in Spanish
Wednesdays	1p-3p	Grainger Hall, Room 3270	Focus: Business students
	1p-3p	GSCC, Red Gym Room 137	Focus: LGBTQ+ students
	3p-5p	Wendt Commons, Room 415	Focus: Engineering students
	3p-5p	Virtual	Open to all students

	4p-5p	Indigenous Student Center (215 N. Brooks St.)	Focus: Indigenous students
Thursdays	11a-1p	Virtual	Open to all students
	2p-4p	Red Gym, South Mezz Conf Room	Focus: Black students
Fridays	9a-11a	Virtual	Focus: International Students
	1p-3p	Virtual	Open to all students
	2p-4p	Virtual	Focus: Nursing students

Crafts and Conversation:

Come to “Crafts and Conversation” from 4-6pm at the Memorial Union. **April 13** we’ll focus on “gratitude practices to improve your mood” and create thank-you cards. Check out the full calendar of MHS events [HERE](#).

OTHER RESORUCES:

RecWell’s Wellness Coaching

One-On-One Wellness Coaching: One-on-one wellness coaching provides an opportunity for you to meet individually with a wellness coach, as needed, about wellness goals. One-on-one meetings are approximately 30-45 minutes depending on your needs. These meeting locations include the Nicholas Recreation Center, the Engineering Campus, at a participant’s residence hall, or virtually on Zoom. Drop-in meetings are offered on a first-come, first-served basis. [You must register at this link prior to attending.](#)

Group Wellness Coaching

Centered around the seven aspects of well-being (health, meaning, safety, connection, growth, achievement, and resiliency), group wellness coaching is an opportunity to reflect on your well-being and go after your goals in a collaborative, supportive environment. The program is based on the belief that each person is an expert on their own well-being and that when coached, you will be able to determine what is best for you. Wellness Circles meet once a week for four weeks at various times and spaces around campus. Locations include the Nicholas Recreation Center and the Engineering Campus. There is also a virtual option. Each meeting will include mindfulness practice, a mini-lesson on well-being, reflection time, discussion, wellness coaching, and goal setting for the following week. [Register and learn more here.](#)

Connecting Badgers Podcast: Connecting Badgers is a podcast created by Mental Health Services staff to support UW-Madison students and their mental health. This podcast aims to break down barriers to care by providing tips to recognize mental health concerns and sharing information about MHS services and campus resources. Check out past episodes on topics such as ADHD and self-diagnosis, pros and cons of social media on mental health, misconceptions about substance use, and interviews with representatives of the Black Cultural Center (BCC), Latinx Cultural Center (LCC), McBurney Disability Resource Center, and more! Listen on Spotify <https://open.spotify.com/show/6B8KIqKYbw1Y5aze8QWdpx> or wherever you download podcasts.

Suicide Prevention Training for UW-Madison Students:

<https://canvas.wisc.edu/courses/173644>

This is a multi-part, online program that builds capacity in UW-Madison students to intervene, prevent suicide, and support mental health in their peers. Graduate students who are not teaching, supervising, or mentoring students may find this option more helpful.

Badger Support Network: We are continuing our consultation and partnership with the [Badger Support Network](#), a student organization that focuses on peer support and connection. BSN is composed of peer led student groups that meet regularly throughout the semester. They are a great option for students who are looking for more connection in their life.

MHS Instagram: MHS has an Instagram page! Follow us at [@uw_mhs](#) to learn more about our services, get to know our staff, and gain quick skills to address common mental health concerns.

What is Medical Withdrawal?

Medical withdrawal is the process used to fully remove a student from the requested term when a student is faced with a serious or unexpected physical or behavioral health condition that completely precludes the student from being able to function as a student.

Medical Withdrawals may be granted to students who experience a serious or unexpected physical or behavioral health condition; who may need to provide care to an immediate family member who is experiencing a serious or unexpected physical or behavioral health condition; or who have experienced the death of an immediate family member. Approval will be granted on a case-by-case basis. Learn more: <https://registrar.wisc.edu/medical-withdrawal/>

College can be stressful, and it's easy to get caught up in the demands of coursework, extracurricular activities, and social life. However, taking care of your physical and mental health is essential to your overall success and happiness.

Here are a few things you can do to promote wellness and well-being this mid-semester:

1. Get moving: Exercise is a great way to relieve stress and improve your mood. Even just a few minutes of physical activity can make a big difference. Try taking a walk between classes, doing a quick workout in your room, or attending a fitness class on campus.
2. Take care of your mental health: If you're feeling overwhelmed or struggling with mental health issues, please know that you are not alone. Many colleges offer counseling services or mental

health hotlines that you can use for support. There are also apps that offer meditation or relaxation techniques that may help you feel more centered.

3. Fuel your body with healthy foods: A balanced diet is key to maintaining your physical and mental health. Make sure you're getting plenty of fruits, vegetables, and whole grains, and limit your intake of processed and sugary foods.
4. Manage your time effectively: Juggling classes, assignments, and other commitments can be challenging. Try breaking down larger tasks into smaller, more manageable pieces, and use a planner to stay organized.
5. Make time for self-care: Finally, don't forget to take breaks and do things you enjoy. Whether it's reading a book, listening to music, or spending time with friends, self-care is an important part of maintaining your overall well-being.

Remember, taking care of yourself is not selfish. It's essential to your success and happiness in college and beyond. If you are struggling or concerned in any way about your well-being, please receive immediate assessment and support through our **24-hour crisis line: (608)265-5600 (option 9)**.

Sometimes just talking to a friend, colleague, or instructor/staff member about what is going on in your life can make an enormous difference. Assistance is also available through UHS, see the list of support options above.

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