

COUNSELING AND STUDENT ACCESSIBILITY SERVICES

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



## FREE IMMEDIATE ACCESS TO A THERAPIST

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.

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

833.646.1526

If you are experiencing a medical emergency call 911.



Scan QR code to get started