





Making a Referral to Counseling Services

Washington University - Danforth Campus

Habif Health & Wellness offers a variety of free services for students including individual and couples' therapy, psychiatry services, emotional support and skills groups, eating disorder treatment team, crisis counseling, and assistance with connecting to providers in the community.

Non-urgent situations

Habif resources:

- Review information about counseling: <https://students.wustl.edu/counseling/> 
- Book an appointment on the student portal: <https://students.wustl.edu/student-portal-habif/> 
- **Contact Habif:** (314) 935-6695, MHSCoordinator@wustl.edu
- **24/7/365 support:** Have the student download the Timely Care app and use their WashU email to register: <https://students.wustl.edu/timelycare/> 
- Attend a Let's Talk session: <https://students.wustl.edu/lets-talk/> 


WashU peer support resources that are run by students for students:

- Sexual Assault and Rape Anonymous (SARAH) 24-hour Helpline (314) 935-8080
- Uncle Joe's Peer Counseling and Resource Center 24-hour Helpline (314) 935-5099

If you have questions about a situation with a student, you can call the Habif Mental Health Coordinator during business hours at (314) 935-6695 or you can call the Timely Care hotline 24/7 at 833-4-TIMELY.

Urgent situations

For immediate concerns about the safety of the student or others. Stay with the student if you can and feel safe doing so, but do not attempt to subdue or contain them.

- **M-Th 8am-5pm, Fri 9am-5pm:** Call Habif at (314) 935-6695 to speak with the mental health coordinator
- **24/7/365 support:** Have the student download the Timely Care app and use their WashU email to register: <https://students.wustl.edu/timelycare/> 
- **If they refuse assistance:** Call campus police (314) 935-5555
- **If they are off-campus:** Call 911 or have them go to the nearest emergency room