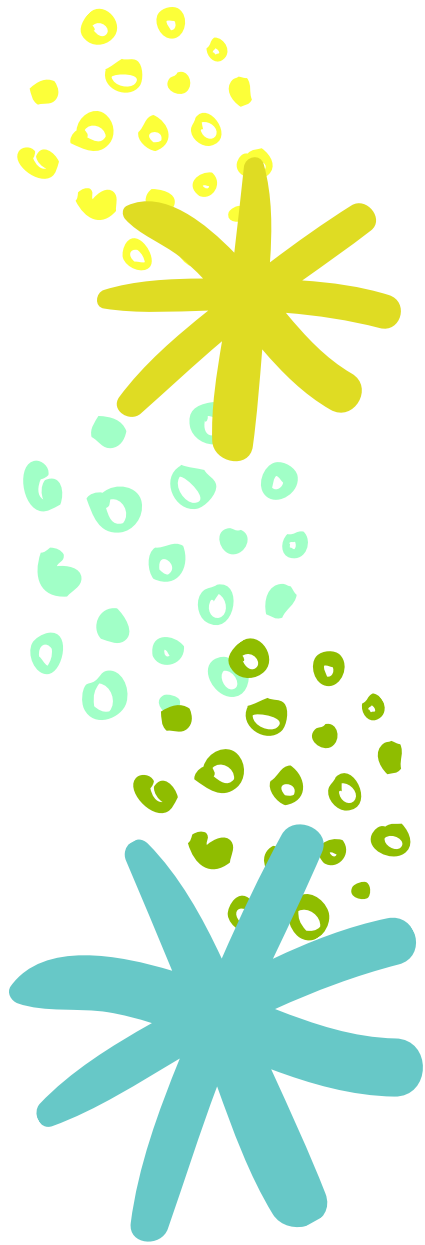


MENTAL HEALTH 2022

Habif Health and Wellness Center (Student Health Services) | Shepley Drive, South 40
314-935-6666 | habif.wustl.edu



PROFESSIONAL RESOURCES

MENTAL HEALTH SERVICES

314-935-6695 AND MHSCoordinator@wustl.edu

- Schedule an initial consultation through the student portal:
<https://students.wustl.edu/student-portal-habif/>
 - Brief counseling for individuals and couples
 - Psychiatry services
- Support and skill-based groups
- Let's Talk - quick, confidential, cost-free conversations with Habif therapists
- Therapist Assistance Online (TAO) and Ulifeline self-assessment
- <https://students.wustl.edu/mental-health-treatment-direct-support-services/>

MEDICAL SERVICES

314-935-6677

- Primary care providers available for routine exams and physical concerns
- Pharmacy on site

HEALTH PROMOTION SERVICES

Wellness@wustl.edu

- Mental Health Promotion through Instagram: @WashU_Habif, facebook.com/WashUHabif, and <https://washu.campuswell.com/>
- Resources in the Zenker Wellness Suite, Summers Rec. Center/AC, room 303
- Resource library <https://students.wustl.edu/health-wellness-digital-library>

RSVP CENTER

314-935-3445

- Relationship and Sexual Violence Prevention Center in Seigle Hall 435

TIMELY CARE

- TimelyCare: www.timelycare.com/wustl Free virtual mental health care anytime, anywhere Download app and log in using WUSTL email

STUDENT-RUN RESOURCES

PEER HEALTH EDUCATORS (PHE) MENTAL HEALTH SUBGROUP

- Programming and communications on mental health and well-being
- Email wellness@wustl.edu for information on the PHE program

UNCLE JOE'S PEER COUNSELING AND RESOURCE CENTER

- Available 24/7 during semesters: 314-935-5099

SEXUAL ASSAULT AND RAPE ANONYMOUS HELPLINE (SARAH)

- Available 24/7 during semesters: 314-935-8080

AFTER-HOURS CRISIS SUPPORT

- TimelyCare: www.timelycare.com/wustl
 - Free virtual mental health care anytime, anywhere
 - Download app and log in using WUSTL email
- Provident Counseling 314-647-4357
- Crisis Text Line: Text "HOME" to 741741

MENTAL HEALTH

and related services

AT WASHU



Habif Health and Wellness Center
STUDENT AFFAIRS AT WASHINGTON UNIVERSITY