

Making a Referral to Counseling Services

Washington University - Danforth Campus

Counseling and Psychological Services located in Habib Health and Wellness Center 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/mental-health-treatment-direct-support-services/>
- Book an appointment on the student portal: <https://students.wustl.edu/student-portal-habif/>
- **Contact Counseling and Psychological Services:** (314) 935-6695, MHSCoordinator@wustl.edu
- **TimelyCare 24/7/365 support:** Have the student download the TimelyCare app and use their WashU email to register: <https://app.timelycare.com/auth/login>
- 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 Counseling and Psychological Services Coordinator during business hours at (314) 935-6695, WashU Cares at (314) 935-3566, or you can call the TimelyCare 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.

- **MTRF 8-5pm, W 10-5pm:** Call Counseling and Psychological Services at (314) 935-6695 to speak with the mental health coordinator
- **TimelyCare 24/7/365 support:** Have the student download the [Timely Care app](#) and use their WashU email to register, use Talk Now feature
- **If they refuse assistance:** Call campus Washington University police (314) 935-5555
- **If they are off-campus:** Call Emergency Services 911, Suicide and Crisis Lifeline 988 or have them go to the nearest emergency room

