Do you want to talk to someone about MENTAL HEALTH?

You are not alone
We want you to thrive

For more information, visit https://diversity.bact.wisc.edu/

Immediate resources

For everyone
National Suicide Prevention Line: Call or Text 988
Crisis Text Line: Text HOME to 741-741

Concerned for a student?
UHS 24-Hr Crisis Line: call 608-265-5600 (option 9)

Other resources

For students
University Health Services: www.uhs.wisc.edu/mental-health/

For UW employees (including student employees and postdocs)
Employee Assistance: hr.wisc.edu/employee-assistance-office/

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University of Wisconsin-Madison

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