

STUDENT MENTAL HEALTH RESOURCES



Counseling and Mindfulness

University Counseling Center | 801-581-6826 | SSB, Room 426 | counselingcenter.utah.edu

The Center offers individual, group and couples counseling, as well as crisis appointments and low cost psychiatric medication management. These services help students resolve existing problems, prevent potential problems, and develop new skills that will enrich their lives.

Women's Resource Center | 801-581-8030 | Union, 411 | womenscenter.utah.edu

The WRC provides individual counseling, support groups, and training programs to connect students with shared experiences. The WRC specializes in psychology of women and gender, and work within a feminist multicultural framework.

Mindfulness Center | 801-581-6826 | SSB, Room 344 | mindfulnesscenter.utah.edu

The Center offers a range of self-guided meditations, self-help resources, and various workshops. Students can find resources to assist in moments of stress, anxiety, and chaos.

Online Mental Health Platforms 24/7 access:

- **You@Utah | you.utah.edu** - You@Utah connects students with research based content to support their emotional growth and resilience.
- **Nod App | Available for free download in any app store**
The app offers student resources to reduce loneliness on campus by building social connections through ideas, reflections, and testimonials.

Crisis Response

University Counseling Center | 801-581-6826 - Crisis response between 8am-6pm Monday-Thursday, and 8am-5pm on Friday

Huntsman Mental Health Institute Crisis Line | 801-581-3000

The HMHI Crisis Line offers crisis response 24/7, including: crisis support over the phone, a mobile outreach option that will respond to persons in their home, and the Receiving Center where individuals from Salt Lake County can access a safe and supportive environment.

Housing and Residential Education Mental Health First Responders | 385-321-5356 | mh1.utah.edu

The MH1 provides after-hours crisis response and community support for students living in Housing and Residential Education.

Safe UT App | healthcare.utah.edu/hmhi/safe-ut/

The free App and Tip Line is a statewide service that provides real-time crisis intervention to youth through live chat and a confidential tip program.

Trainings

Mental Health First Aid Training | wellness@sa.utah.edu | 801-581-7776 | studentaffairs.utah.edu/mental-health-first-aid.php

For faculty, staff and students to learn how to help those who may need additional support and assistance until professional help can be found. Visit our website to learn more.

Mental Wellness Training | wellness@sa.utah.edu | 801-581-7776 | wellness.utah.edu/workshops-training

The Center for Student Wellness offers a variety of trainings to departments and groups, such as "supporting students in distress." They also offer classroom presentations to support faculty.

Additional Student Affairs Resources

Student Affairs offers a variety of programs that support student well-being and success. Visit our website here: studentaffairs.utah.edu.

Student Health Center | 801-581-6431 | studenthealth.utah.edu

Full service primary health care for students and their dependents including prevention, well care and immunizations at low cost. Prescription assistance available to those who qualify. Learn more about student health insurance on their website.

Center for Disability and Access | 801-581-5020 | disability.utah.edu

CDA provides reasonable accommodations to students whose condition significantly impacts major life activities including their ability to function in the academic setting.

Center for Student Wellness | 801-581-7776 | wellness.utah.edu

Offers workshops, training, HIV/STI testing and opportunities for student involvement.

Financial Wellness Center | 801-585-7379 | financialwellness.utah.edu

The Center provides students with financial counseling service and the tools to succeed with their financial journey.

Veteran Support Center | 801-587-7722 | veterancenter.utah.edu

The VSC is a space dedicated to veterans who are seeking to find services, support, advocacy, and camaraderie. The VSC offers various resources that can best assist veterans by helping build their support system.

Additional Support

Victim Survivor Advocacy | advocate@sa.utah.edu | 801-581-7776 | wellness.utah.edu/victim-survivor-advocacy

Victim-Survivor Advocates provide free, confidential and trauma-informed support services to students, faculty, and staff, who have experienced interpersonal violence (i.e. domestic and dating violence). They will assist in navigating resources, processes, and/or services.

Office of the Dean of Students | deanofstudents@utah.edu | 801-581-7066 | deanofstudents.utah.edu

The Office is dedicated to being a resource to students through support, advocacy, involvement, and accountability. One of the core goals is to connect students to support systems that will assist in their academic journey.

