

UWM Mental Health Resources



Self Care Wellness Hub

You @ UWM

On-Campus Mindfulness Spots and Resources

Student Health and Wellness Center - Mindfulness

Online Discussion Platform

Togetherall

Brief Conversations with a Counselor

Let's Talk

Alcohol and Other Drug Support

BASICS

Counseling Services

Student Health and Wellness Center - Counseling

Virtual Therapy and Coaching

Mantra Health

Call - Text - Video Chat Support and Crisis

UW Mental Health Support 24/7 - 1-888-531-2142



Scan to
learn more



**STUDENT HEALTH
AND WELLNESS CENTER**

Medical • Counseling • Health Promotion and Advocacy