

2022 - 2023

MENTAL HEALTH

AND RELATED SERVICES

AT  WASHU

HABIF - MENTAL HEALTH SERVICES

314-935-6695 | MHSCoordinator@wustl.edu

TELEHEALTH & IN-PERSON
SERVICES AVAILABLE

WHAT DO I TALK ABOUT IN COUNSELING?

Counseling offers support for full-time students on topics including familial and romantic relationships, depression, anxiety, loss, identity, disordered eating, isolation, belonging, stress, and more.

To schedule a Habif mental health appointment, use the student portal:

[https://students.wustl.edu/
student-portal-habif](https://students.wustl.edu/student-portal-habif)

Please do not come to your in-person appointment if you are feeling ill. Call 314-935-6695 or message your provider to switch to a Zoom-telehealth appointment.

- Brief counseling for individuals + couples
- Group therapy: process groups, support groups, skills, and educational groups to meet the diverse needs of students
- [Psychiatry services + on-site pharmacy](#)
- Detailed bios for each mental health provider
- Referral services + assistance locating providers off-campus
- **LET'S TALK** - quick, confidential, drop-in Zoom consultations with mental health staff
- **TAO** - Therapy Assistance Online, interactive mental health platform featuring mindfulness and other mental health skills

PROFESSIONAL RESOURCES

HABIF HEALTH PROMOTION

 [WASHU_HABIF](#) | WELLNESS@WUSTL.EDU

- Free trainings for faculty, staff, and students to:
 - recognize signs of mental health concerns, including risk of suicide
 - build confidence talking about mental health concerns
 - connect students to resources
- Programs, outreach, and communications about mental health

THE RSVP CENTER

314-935-3445 | RSVPCENTER@WUSTL.EDU

- Relationship & Sexual Violence Prevention Center, Seigle Hall 435
- Brief, confidential, free counseling and crisis assistance for individuals impacted by sexual/relationship violence



988 NATIONAL SUICIDE & CRISIS LIFELINE

CALL OR TEXT **988** ANYTIME, ANYWHERE

- National three-digit number for mental health + suicide crises
- 988 calls placed at WashU are routed to professionally licensed clinicians from St. Louis-based community agencies
- Available 24/7 including crisis response + support

TIMELYCARE

WWW.TIMELYCARE.COME/WUSTL

Free 24/7 virtual mental health care anytime, anywhere for full-time WashU students - including crisis support. Download the Timelycare app and log in using your WUSTL key

CRISIS TEXT LINE

TEXT "**HOME**" TO **741741**

Free 24/7 text-based mental health support from a trained crisis counselor. For **BIPOC** support, text "**STEVE**" to 741741. Visit crisistextline.org

STUDENT-RUN RESOURCES

PEER HEALTH EDUCATORS (PHE) MENTAL HEALTH GROUP

 [WASHU_HABIF](#) | WELLNESS@WUSTL.EDU

- Programming and communications on mental health and well-being topics, including isolation, sleep, anxiety, gratitude, stress
- Follow Habif's IG for PHE content

UNCLE JOE'S PEER COUNSELING & RESOURCE CENTER

314-935-5099 | UNCLEJOE.WUSTL.EDU

- Available during fall and spring semesters
- Walk-in hours: 10:00 p.m. - 1:00 a.m. nightly
- Uncle Joe's office is located in basement of Gregg Hall - South 40.

SARAH - SEXUAL ASSAULT & RAPE ANONYMOUS HELPLINE

314-935-8080 | SARAH.WUSTL.EDU

- SARAH is a confidential helpline that supports students on topics including (but not limited to) feelings, sexual assault, sexual harassment, intimate partner and sexual violence, and relationships
- Available 24/7 during fall and spring semesters

Health Promotion Services

students.wustl.edu/health-promotion-services/

SCAN ME!



STAY WELL
DO WELL.



STUDENT AFFAIRS AT WASHINGTON UNIVERSITY