

# MENTAL & EMOTIONAL

## SUPPORT FOR UVU GRADUATE STUDENTS

# 1

### CRISIS

The SafeUT app is available for free. This is help on your phone for any sized problem, any time. Connection to no-cost mental health support. Licensed counselors are ready to listen. Support is immediate and confidential. Help is as easy as reaching for phone and sending that first message. <https://safeut.org/>



# 2

### HELP

Monday-Friday 8:00 am-5:00 pm call the Student Health Services desk at 801-863-8876 to schedule an appointment with a UVU Crisis Therapist. Free Group therapy. \$10 for individual and couple's therapy. <https://www.uvu.edu/studenthealth/>



# 3

### IDEAS

UVU Mental Health Services have an array of aids for everything from anxiety, depression, eating disorders, trauma, grief, substance abuse, and relationship issues. See [www.uvu.edu/studenthealth/psych/index.html#resources](http://www.uvu.edu/studenthealth/psych/index.html#resources)



# 4

### CAREHUB

If students are lacking food, housing, safety and health resources help is available. The UVU Coordinated Access to Resources and Education (CARE) Hub will help students meet their basic needs. Having their needs met has a direct impact on academic performance and the well-being of the student. <https://www.uvu.edu/studentcare/>



# 5

### ACCESSIBILITY

Accommodations for anxiety, ADHD, pregnancy, testing, broken limbs, concussions just to name a few. Fill out the application and schedule a meeting with an accessibility counselor. Accommodations must be renewed each semester. <https://www.uvu.edu/accessibility-services/>



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# 6

### TIMELYCARE

This is a virtual health and well-being platform designed for college students and offers health coaching, scheduled counseling, chatline support, and more. Mental health is crucial to success in and out of the classroom. Flexible schedule that fits the needs of the students. To receive a license, email [deanofstudents@uvu.edu](mailto:deanofstudents@uvu.edu) with your email and UVU ID  
<https://www.uvu.edu/mentalhealth/timelycare/index.html>



# 7

### TALKNOW

This is the 24/7, on demand emotional support for students to talk about anything, including anxiety, relationships, depression, and school-related stressors.

This is part of TimelyCare. Self-care content also includes yoga, meditation and group conversations.



# 8

### COACH

Peer coaching is available through Trula Coach. Sign up at <https://signup.trulacoaching.com/> This is a goal-oriented approach meant to provide you with a partner and tools to unlock untapped sources of motivation, productivity and leadership.  
<https://www.uvu.edu/mentalhealth/trula/index.html>



# 9

### OUTREACH

UVU Preventive Outreach Program Faculty and staff at UVU can request presentations for classroom or team audiences. The topics covered are valuable to student populations. Topics include time and stress management, self-care, depression & anxiety, the science of happiness, and mindfulness.  
<https://www.uvu.edu/studenthealth/psych/index.html>



# 10

### BLOG

A mental health blog with articles and a list of current events that are available for students at UVU. This page is filled with supports and ideas that will benefit students, faculty and staff.  
<https://www.uvu.edu/studenthealth/psych/mhblog/index.html>

