

## Quick Mental Health Resources

- [CAPS](#) (UC Counseling & Psychological Services) [513-556-0648](tel:513-556-0648) 24-hour Crisis line or to schedule free consultation
- [988 Suicide and Crisis Lifeline](#) – If you are in crisis or are experiencing difficult or suicidal thoughts, call or text 988
- [University Health Services – Mental Health](#) – [513-556-2564](tel:513-556-2564) to reach the physician on call
- [TAO](#)( Therapy Assistance Online) through UC CAPS
- Reach Out App ([Google Play](#), [App Store](#)) – UC CAPS app for students or their friends requiring mental health assistance
- [UC Student Wellness Center](#) – Offers resources on wellness and mental health for all students
- Accessibility Resources - <https://www.uc.edu/campus-life/accessibility-resources.html> - call [513-556-6823](tel:513-556-6823); providing full and equal access to those with disabilities
- [UC Advocates](#) – Call [513-431-3807](tel:513-431-3807) for help regarding sexual assault for yourself or a friend
- UC Health Stress Center - <https://www.uchealth.com/stress-center/> – call [513-585-5872](tel:513-585-5872) for help with PTSD
- [BetterHelp](#) – Provides graduate students with access to licensed, professional online therapy at no cost for one month
- [Gradresources.org](#) – Get resources for graduate students, including the National Grad Crisis Line
- [Inclusive Therapists](#) – Find a culturally responsive, social justice-oriented therapist
- [Psychology Today](#) – Connect with a licensed mental health professional in your community
- [Campus Recreation & Fitness](#) Two locations:
  - Campus Rec Center: 2820 Bearcat Way (Main Campus)
  - Fitness Center at CARE/Crawley: 3230 Eden Avenue (Medical Campus)
- [Ombuds Office](#) The Office of the University Ombuds is a safe place for all members of the UC community to talk about university related conflicts, issues or concerns.
- [Title IX Office](#) Title IX of the Education Amendments of 1972 is a federal civil rights law that prohibits discrimination on the basis of sex in the university's programs and activities.

