TimelyCare

UNLIMITED, FREE, 24/7

As part of a collection of <u>comprehensive mental health services</u>, UVA Counseling and Psychological Services (CAPS) has partnered with TimelyCare to expand student access to mental health care. TimelyCare is one of the many health and well-being services available to UVA students through Student Health and Wellness.

FAQ

What is TimelyCare?
TimelyCare is a virtual health and well-being platform available 24/7 to all UVA students.

Who can use TimelyCare?
All enrolled UVA students.

What services are available?
Through the TimelyCare mobile app or web platform, students can access the following:

- TalkNow, an unlimited, on-demand, 24/7 service allowing students to connect with a mental health professional within minutes, either by phone or video,
- 12 free counseling visits per calendar year, and
- psychiatric care and management.

How much do these services cost?
There is no cost to UVA students for accessing these services. These are part of the services offered to students through Student Health and Wellness.

How do students access TimelyCare services?
Go to Timelycare.com/UVA or download the TimelyCare app to access care. Sign up now so this service will be readily available to you if and when you need it.

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