

2023 SHW Mental Health Services and Access

UVA Department of Student Health and Wellness

“I’d like to proactively promote my mental health and well-being and find tools to help me grow and flourish at UVA.”

Online Self-Help Tools

TimelyCare’s Self-Care Journeys nurture students health and well-being. From yoga sessions to audio meditations, these assets help manage everyday struggles.

[TimelyCare](#)

Peer Health Education

The Peer Health Educators (PHEs) are a diverse group of students trained to empower their peers to practice holistic health and well-being in a positive, and nonjudgmental manner.

[PHE Webpage](#)

WahooWell

WahooWell consists of a confidential well-being survey and two or more confidential, one-on-one meetings with a well-being facilitator.
Available to all students.

[Schedule a Session](#)

Well-being Guides

A joint students-and-staff effort, this digital hub includes different well-being guides with helpful info and tips, on- and off-Grounds resources, and searchable terms.

[Explore Well-being](#)

“I’ve identified some mental health and well-being concerns and would like to actively engage with a professional to discuss.”

Counseling & Psychiatry

Counseling & Psychological Services offers individual, couples, + group therapy, embedded care services in the Schools, psychiatric care, and “Let’s Talk” drop-in consults.

[Learn More](#)

Medical Services

Medical Services providers offer primary care appointments for management of mild to moderate anxiety or depression, including medication management.

[Schedule Online](#)

Recovery Programming

Whether you’ve been sober for 30 minutes or 30 years, the Collegiate Recovery Program (CRP) is here for you! Join an encouraging, fun community with regular meetings and events.

[CRP Website](#)

Telehealth Care

Students have access to 24/7 “TalkNow” on-demand service for mental health concerns, 12 free telehealth sessions/year, and psychiatric care through TimelyCare.

[TimelyCare](#)

“I am in crisis and need help now.”

ACCESSING CAPS EMERGENCY ASSESSMENTS AND/OR CONSULTATION.

- **If you are in immediate danger of harming yourself or others, or are having a medical emergency, [DIAL 911.](#)**
- **[Timely Care 24/7 TalkNow](#)** allows students to connect with a mental health professional any time of day, either by phone or video. Students can use TalkNow to discuss any concern, from conflicts with roommates to mental health crises. Staff are happy to assist 24 hours a day, 7 days a week. Download the [TimelyCare app](#) to get started.
- **CAPS On-Call:** During business hours (M-F, 8am-5pm) students in crisis can walk-in to CAPS at 550 Brandon Avenue or call 434-243-5150 to speak with an on-call counselor.
- **Concerns Regarding a Student:** If you are concerned about a student, you can call 434-243-5150 24 hours a day, 7 days a week and ask to speak with the on-call counselor. Consultation regarding concerns about students is available to UVA students, faculty, administrators, staff, parents, and other concerned community members.