

***\*\*Please note that this is not necessarily an exhaustive list of resources, and the list may be updated on an ongoing basis. Always feel free to reach out to the [Student Services Coordinator](#) for help navigating on-campus resources.\*\****

### **Employee Assistance Office**

Resources to help with family violence, sexual abuse, emotional problems, many other issues  
<https://hr.wisc.edu/employee-assistance-office/>

EAO professional staff offer counseling and consultation at no cost to UW–Madison faculty, staff, graduate student employees, significant others, and family members.

608-263-2987

[eao@mailplus.wisc.edu](mailto:eao@mailplus.wisc.edu)

Lowell Center, Room #226

610 Langdon Street

Madison, WI 53703

8 am – 4:30 pm

**\*\*\*Distance from Russell Labs – 1 mile/1.6 km (4-minute drive; 20-minute walk)**

**LifeMatters** provides a wide variety of resources including training, financial and legal consultation, time saving searches, 1-5 sessions with a counselor for personal or work-related issue, and management consultation regarding workplace concerns.

<https://hr.wisc.edu/employee-assistance-office/lifematters/>

### **OMBUDS Office**

Facilitates understanding, communication, and resolution of conflict for all UW-Madison employees, including graduate assistants.

<https://ombuds.wisc.edu/>

608-265-9992

[uwombuds@mailplus.wisc.edu](mailto:uwombuds@mailplus.wisc.edu)

Lowell Center, Room #223-225

610 Langdon Street

Madison, WI 53703

**\*\*\*Distance from Russell Labs – 1 mile/1.6 km (4-minute drive; 20-minute walk)**

### **UHS – University Health Services**

\*For enrolled students only

**Medical Services** – treatment of injuries, STI and HIV testing, pregnancy testing, contraception

**Mental Health** – drop in consultation, individual and group counseling

## Confidential On-campus Support

**Victim Advocacy** – drop-in support, victim advocacy, case management, and support groups

608-265-5600 – choose option 2

<https://www.uhs.wisc.edu/>

After hours Nurse - 608-265-5600 (option 1)

24-Hour Mental Health Crisis Line - 608-265-5600 (option 9)

Translation services and TTY service available

333 East Campus Mall

Hours vary based on day, consult website

\*\*\*Distance from Russell Labs – 0.9 mile/1.4 km (4-minute drive; 18-minute walk)

### More On Campus Resources

Source: <https://www.namiuw.org/on-and-off-campus-help.html>

### **Let's Talk**

Free, confidential, mental health consultations around campus. No appointment necessary. UHS website <https://www.uhs.wisc.edu/mental-health/lets-talk/> has most updated schedule of when and where to go for help. Students will meet with a UHS staff member or counselor.

### Common concerns

Stress

Sadness

Worry

Relationships

Academic performance

Family problems

Financial struggles

### **Let's Yoga**

Free yoga classes to relieve stress! No experience is necessary to attend. Visit the UHS website <https://www.uhs.wisc.edu/mental-health/letsyoga/> for most updated schedule of class times and locations.

### **Counseling Psychology Program**

The UW Counseling Psychology program has a training clinic where students are able to access individual, couple, family, and group mental health counseling services. The clinic is located in the Educational Sciences building and appointments can be made by calling 608-265-8779. Visit their website <https://counselingpsych.education.wisc.edu/cp/outreach-clinic/training->

Confidential On-campus Support

[clinic/about-cptc](#) for more information.

### **WiChat**

WiChat is a support group open to all UW Madison students. Provided by trained NAMI peer-facilitators, students are able to attend free, confidential, one hour group sessions each week. WiChat is held every Tuesday night from 7-8pm in the NAMI office #3196 in the SAC. Email [nami.wisco@gmail.com](mailto:nami.wisco@gmail.com) with any further questions.

### **Student Centers for Inclusion and Support**

[MULTICULTURAL STUDENT CENTER](#)

[GENDER AND SEXUALITY CAMPUS CENTER](#)

[MCBURNEY DISABILITY RESOURCE CENTER](#)

[UNIVERSITY VETERAN SERVICES](#)

### **Mental Health/Related Orgs on Campus**

NAMI-UW (National Alliance on Mental Illness at the University of Wisconsin-Madison)

<https://www.namiuw.org/>

BadgerSpill

PAVE (Promoting Awareness Victim Empowerment)

UW-Campus Women's Center (CWC)

Live Free

ProjectHEAL

Badger Health Support Group

Student Health and Overall Wellness (SHOW)

### **Websites with links to more resources:**

UW–Madison Department of Psychiatry [COVID-19 Mental Health Resource Guide](#)

UW-Madison Graduate School [Thriving in Graduate School](#) page

UW-Madison Graduate School [Current Students](#) page