

UC's recommendations for students with mental health problems or crises for the Clifton and Medical campuses

If you need, **or even suspect you need**, counseling and mental health care, UC encourages you to go to University Health Services (UHS), which can provide both psychotherapy and psychiatric services, or Counseling and Psychological Services (CAPS) can provide professional counseling upon request. Students may receive five free counseling sessions through CAPS without insurance. Students are encouraged to seek assistance for anxiety, depression, trauma/assault, adjustment to college life, interpersonal/relational difficulty, sexuality, family conflict, grief and loss, disordered eating and body image, alcohol and substance abuse, anger management, identity development and issues related to diversity, concerns associated with sexual orientation and spirituality concerns, as well as any other issue of concerns. After hours, students may call UHS at 513-556-2564 or CAPS Cares at 513-556-0648. For urgent physician consultation after-hours students may call 513-584-7777.