

## Do you want to talk to someone about MENTAL HEALTH?

You are not alone We want you to thrive

For more information, visit https://diversity.bact.wisc.edu/



## <u>Immediate resources</u>

## For everyone

National Suicide Prevention Line: Call or Text 988

Crisis Text Line: Text HOME to 741-741

Concerned for a student?

UHS 24-Hr Crisis Line: call 608-265-5600 (option 9)

## Other resources

For students

University Health Services: www.uhs.wisc.edu/mental-health/

For UW employees (including student employees and postdocs)

Employee Assistance: <a href="https://employee-assistance-office/">hr.wisc.edu/employee-assistance-office/</a>



Email: diversity@bact.wisc.edu