

University of Wisconsin – Madison

Mental Health Resources For Students, By Students

Ask. Listen. Save.

Ask.Listen.Save. is a student org that aims to prevent suicide by reducing the stigma of mental illness.

Through educating the student body, they aim to increase the awareness of mental illness and create a safe environment in which students know they are not alone and can feel free to ask for help.



Suite 3196, SAC
www.asklistensave.org

BadgerSpill

BadgerSpill is a peer-to-peer support network of and for UW-Madison students. You can write in online to “spill” or vent privately about whatever you are going through to get unbiased feedback, empathy, and resources from other students who have dealt with similar situations. Both parties are anonymous to one another and the spiller gets multiple responses within 48 hours.



www.badgerspill.com

Rec Sports

Rec Sports offers many fitness classes that can help relieve stress. Group classes, personal training, and mind-body studio classes all offer ways to relax and keep up a healthy lifestyle.



www.recsports.wisc.edu/fitness.htm#group-fitness

National Alliance on Mental Illness (NAMI)

NAMI is the nation’s largest grassroots mental health organization dedicated to helping Americans affected by mental illness through education, advocacy, and support. A UW-Madison chapter of NAMI is located in the SAC and offers support groups and resources.



www.nami.org
Suite 3125, SAC

Sex Out Loud

Sex Out Loud is a student org with the mission to promote sexual health through sex-positive education and activism. They seek to empower all students by providing inclusive and accessible programs, events, resources, and creating safe spaces where students can freely discuss these issues.



Suite 3143, SAC
www.sexoutloud.com

Promoting Awareness Victim Empowerment (PAVE)

PAVE is a student advocacy group on the UW-Madison campus dedicated to reducing sexual assault, dating violence, and stalking through education and activism. They conduct workshops, offer a library of resources, and office hours.



Suite 3147, SAC
www.pave-uw.tumblr.com

UW-Campus Women’s Center (CWC)

The CWC's mission is to confront the oppressions women-identified individuals face by providing a variety of support services, educating the campus community on women-centered issues, and serving as a resource and referral center for all students.



Suite 4416, SAC

Live Free

Live Free is a student org that promotes wellbeing and community-integration for students in recovery from substance use and other addictive behaviors.

They are passionate about sharing resources and facilitating connectedness and hope for those recovering.



Suite 4430, SAC
<http://livefreemadison.org>

Important Phone Numbers and Crisis Lines **UNIVERSITY:**

Dean of Students Office: (608) 263-5700
UHS Crisis Line: 608-265-5600 option 2
UW Police Department: (608) 264-2677

LOCAL and NATIONAL:

Dane County Crisis Line: 1-608-280-2600
Crisis Text Line: text “START” to 741741
National Suicide Prevention Lifeline: 1-800-273-8255

***If you would like additional resources, visit:**
www.uhs.wisc.edu/mental-health/self-help



University of Wisconsin-Madison

Dean of Students Office (DOSO)

The DOSO provides resources to students who are struggling with a variety of issues, especially ones that affect their academic success. Stop by their drop in hours Mon-Fri 8:30am-4:00pm or visit their website for assistance.

<http://students.wisc.edu>

University Health Services (UHS)

Offers group, individual, and couple/partner therapy, stress management, drug and alcohol assessment, and disordered eating assessments and treatment at no cost. Also provides massage therapy, yoga, and other wellness services. Call for more information.

SAC 7th Floor, 608-265-5600

www.uhs.wisc.edu/mentalhealth/getting-started

Let's Talk

This is a program through UHS that provides drop-in consultations at locations around campus for UW-Madison students. It's free, no appointment is needed, and students are seen on a first-come, first-served basis. Walk in for an informal, friendly, and confidential consultation to see what it's like to speak to a member of the UHS staff.

See UHS website for locations and times.

Psychology Counseling Program

This clinic, which is run through the psychology department, provides many counseling services. Fees are dependent on income and they do a great job meeting with students who didn't connect well with UHS professionals.

608-262-5925

www.psych.wisc.edu/clinic-research-andtraining.htm

Professional Mental Health Resources

Off-Campus, Local Madison Area

Domestic Abuse Intervention Services (DAIS)

DAIS provides resources and services those who are feeling abused, threatened, scared, or unsafe in an intimate partner relationship. They also focus on prevention and community education.

abuseintervention.org

(608) 251-4445, *Help Line, 24 hours a day*

Journey Mental Health Center

Journey is an outpatient mental health and substance abuse treatment clinic. They provide many different services, treatments, and even group therapy for children, teens, adults, seniors and families.



25 Kessel Court, Suite 105

Madison, WI 53711

(608) 280-2700

www.journeymhc.org

Psychiatric Clinic on Marshall Court

They provide professional psychiatric services in the local area and are conveniently located close to the UW hospital.

Psychiatric Clinics

2727 Marshall Court

Madison, WI 53715

(608)238-9354

www.psychsvcs.com/about-us

Dane County Rape Crisis Center (RCC)

The RCC provides services to survivors and their friends and family of all forms of sexual violence, harassment, or exploitation, and incest, recent or past. All services are free of charge and include crisis intervention and various forms of support.

www.danecountygcc.org

(608) 251-5126

Simple Steps to Support Someone in a Crisis

Recognize the Warning Signs of Suicide Risk

- Hopelessness, feeling like there's no way out
- Anxiety, sleeplessness, mood swings
- Feeling like there is no reason to live
- Rage or anger
- Engaging in risky activities without thinking
- Increasing alcohol or drug abuse
- Withdrawing from family and friends

If you notice a friend or peer experiencing these symptoms, do not hesitate to ask them how they are doing.

The presence of these signs requires

IMMEDIATE attention:

- Thinking about hurting or killing yourself
- Looking for ways to kill yourself
- Talking about death, dying, or suicide
- Self-destructive behavior, such as drug abuse, use of weapons, etc.

If you or someone you know have these signs present, please seek help immediately by calling 911. If you are calling for a friend or another person, make sure you stay with them until help arrives.

If you are experiencing these symptoms, please seek help from someone you care about or one of the resources mentioned above. Remember that you are never alone, and there are always people who care about you.