



**WE ARE HERE!
FOR YOU!**

THE UCC OFFERS TELEMENTAL HEALTH SERVICES FOR ALL UM STUDENTS!

TELEMENTAL HEALTH SERVICES

- Individual Therapy
- Couples Therapy
- Group Therapy
- Employee Assistance Program
- Outreach Programming
- Training
- Community Referrals
- Crisis Consultations
- After-hours crisis call services

THE UCC ALSO OFFERS TAO FOR SELF GUIDED HELP!



SCAN THE QR CODE TO CHECK IT OUT!