**Mental Health Resource message for graduate program coordinators**

To: Graduate Program Coordinators, gradcoords@lists.wisc.edu

From: Graduate and Professional Student Assistance Specialist Elaine Goetz-Berman

Subject: Subject: Mental health resources for graduate students

Date: October 3, 2019

Hi grad coordinators – Please remove this text and FW: from the subject line, then share this message with your students. Thanks!

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Graduate and Professional Student Assistance Specialist

Dean of Students Office

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Being a grad student comes with challenges, and it’s important to take care of your mental health throughout your journey, and seek help doing so when you need it. According to the 2016 UW–Madison Healthy Minds Study, 94% of UW–Madison students do not think any less of a peer who seeks mental health care, and 90% of students who used mental health care found it helpful. UW–Madison offers many resources, both on-campus and online, that are available to you as a student.

1. [Individual Counseling](https://go.wisc.edu/4k7sk4). University Health Services (UHS) offers individual counseling in a confidential, caring space. Individual sessions are typically 45-50 minutes, and most students attend anywhere from one to four sessions to address their concerns. Counseling topics can be any issue that causes distress – emotional, psychological, interpersonal, or academic, for instance. UHS also has bilingual mental health providers for students who are more comfortable speaking in Mandarin or Spanish.
2. [Let’s Talk](https://go.wisc.edu/k1l76d). If you’re on-campus, Let’s Talk provides free, informal, and confidential consultations at locations across campus. Drop in to talk to a counselor about any topic – stress, sadness, relationships, academic performance, financial struggles, and family problems are common topics. Counselors can help you explore solutions from their perspective, or, if you’re interested, introduce you to what it’s like to talk to a counselor more regularly.
3. [Group Counseling for Graduate Students](https://go.wisc.edu/0k4216). UHS offers support/theme groups for graduate students, including groups for all graduate students, groups for dissertators, and groups for graduate women. This supportive environment is a great way to share experiences around the challenges of grad school with other grad students.
4. [Multicultural Graduate Student Support Group](https://grad.wisc.edu/diversity/multicultural-graduate-network/#events). New as of summer 2019, this group meets to discuss weekly topics selected by group members. A licensed mental health therapist from UHS who is a person of color facilitates these bi-weekly meetings. This is a gently facilitated, non-therapeutic support group. All grad students are welcome, especially those seeking community and space to process their experiences as minoritized students on campus.
5. [YOU@WISC](https://go.wisc.edu/gtfidc). This portal has tools, information, and resources to help you be well. YOU@WISC covers a variety of mental health topics including stress management, self-care and social support, anger management, suicidal thoughts, and mindfulness. It also includes physical, personal, and academic wellness topics.
6. [SilverCloud](https://go.wisc.edu/n304zk). Like YOU@WISC, this resource is entirely online. SilverCloud is a self-guided mental health resource that provides treatment options 24 hours a day, no referral from a mental health or medical provider needed. It includes evidence-based learning modules on anxiety, depression, body image, and stress, designed to help students manage day-to-day stresses and improve resilience.
7. [Dean of Students Office](https://go.wisc.edu/0nf20g). Elaine Goetz-Berman serves as the Graduate Student Assistance Specialist, providing student support, acting as an advocate on behalf of graduate students, and connecting students with appropriate campus resources. The Dean of Students Office is the go-to place for student assistance on campus, and Elaine is here to help you.

For more resources on mental health on campus, visit the [UHS website on mental health](https://go.wisc.edu/6298th).