To: Directors of Graduate Study, dgs@g-groups.wisc.edu

CC: Graduate Program Coordinators, gradcoords@g-groups.wisc.edu

From: Graduate School Associate Dean Lisa Martin

and Graduate Student Assistance Specialist Elaine Goetz-Berman

Subject: Graduate student mental health and wellness

Dear Directors of Graduate Study,

Graduate student mental health and wellness remain important priorities for the Graduate School. This email includes an updated summary of the various support services, resources, and programs available to you, your staff, and students.

Please familiarize yourself and refer your graduate students, as appropriate, to the following.

* ***Graduate and Professional Student Assistance Specialist:*** Elaine Goetz-Berman is a staff member whose role focuses on graduate student needs, including support, advocacy, and resource referral. Elaine is also available to consult with faculty and staff on graduate student concerns.
* ***University Health Services:***
	+ [***Individual Counseling***](https://www.uhs.wisc.edu/mental-health/individual/) ***-*** opportunities to improve mental health, where counselors use relational and solution-focused methods and attend to the developmental, identity-related, and mental health concerns of students
	+ [***24-hour Crisis Service***](https://www.uhs.wisc.edu/mental-health/crisis/) ***-*** for risk of suicide or concern about well-being of a student, speak with an on-call counselor at 608-265-5600, option 9
	+ [***Let’s Talk***](https://www.uhs.wisc.edu/wellness/lets-talk/) - informal drop-in consultations with a counselor
	+ [***SilverCloud***](https://www.uhs.wisc.edu/mental-health/silvercloud/) – a self-guided, interactive resource for cognitive behavioral interventions
	+ [***Psychiatry***](https://www.uhs.wisc.edu/mental-health/psychiatry/) ***-*** outpatient care focused on medication management and evaluation
	+ [***Group Counseling***](https://www.uhs.wisc.edu/mental-health/group-counseling/) ***-*** connection with others in safe, confidential, and supportive spaces, where participants share experiences and learn new ideas and behaviors. A sampling of this semester’s support groups include:
		- Graduate Students Group
		- Graduate Women's Group
		- Graduate Students of Color Group
		- Dissertators Group
		- Grief Support Group
		- LGBTQ Support Group
		- Latinx Support & Process Group
	+ [***Resilience through Connection for Graduate Students***](https://uwmadison.co1.qualtrics.com/jfe/form/SV_eJsurzpLQtv6vR3) ***-*** designed to share tips and tools for thriving on various topics:
		- Managing Workloads (organization, motivation, prioritizing, and more)
		Thursdays | 2/11, 3/11, 4/8 | 1:00 – 2:30 pm
		- Grad-ification (personally thriving, imposter phenomena, work/life balance, and more)
		Thursdays | 2/18, 3/18, 4/15 | 1:00 – 2:30 pm
		- Life in the Grad Lane (resilience, managing uncertainty, and more)
		Thursdays | 2/25, 3/25, 4/22 | 1:00 – 2:30 pm
	+ [***Survivor Services***](https://www.uhs.wisc.edu/survivor-services/)- confidential support for survivors of sexual assault, sexual harassment, dating violence, domestic violence, and/or stalking
	+ [***Substance Abuse***](https://www.uhs.wisc.edu/mental-health/aoda/)*-* alcohol and other drug assessment and recovery support
	+ [***Processing Spaces***](https://www.uhs.wisc.edu/mental-health/outreach-services/#processing) ***-*** confidential support and consultation with peers and counselors
	+ [***Healthy Academics Instructional Toolkit***](https://www.uhs.wisc.edu/healthy-academics/) - evidence-based strategies and campus resources for faculty and instructors, as well as campus prevalence data and information related to student attitudes toward mental health and its impact on academics
* ***Dean of Students Office***: This office is committed to fostering a caring environment for all students. Responsibilities include the [Student of Concern Report](https://doso.students.wisc.edu/services/student-of-concern/), the [Bias Reporting Process](https://doso.students.wisc.edu/services/bias-reporting-process/), addressing [Sexual Assault, Dating, and Domestic Violence](https://doso.students.wisc.edu/sexual-assault-dating-and-domestic-violence/), as well as many [other issues affecting student wellbeing](https://doso.students.wisc.edu/student-assistance/). Drop-in hours are Monday through Friday 8:30am-4:00pm, room 70 Bascom Hall.
* ***Ombuds Office***: University employees, including graduate students, can [seek guidance](https://ombuds.wisc.edu/) regarding workplace concerns without fear of reprisal and at no cost to them.
* ***Employee Assistance Office*** *–* Graduate students who hold assistantships are eligible to [utilize this confidential resource](https://hr.wisc.edu/employee-assistance-office/) that provides counseling and consultation at no cost.
* ***Employment Benefits*** - In addition to utilizing UHS’s services, graduate students who hold assistantship appointments may seek mental health services covered by their [health insurance plan](https://www.ohr.wisc.edu/benefits/new-emp/grad.aspx).

Thank you for sharing this information with your graduate students.

Sincerely,

Lisa Martin

Associate Dean of Graduate Education
Graduate School

University of Wisconsin–Madison

Elaine Goetz-Berman

Graduate and Professional Student Assistance Specialist

Dean of Students Office

Student Affairs

University of Wisconsin–Madison