

## **Mental health resources available for graduate students at the UW-Madison College of Engineering**

Student mental health is a [top concern](#) for our campus community, and the UW-Madison College of Engineering is sharing this document summarizing the various services uniquely tailored to meet the mental health needs of our master's and doctoral students.

**Graduate and Professional Student Assistance Specialist:** The Graduate School and the Dean of Students Office jointly support a staff position focused on graduate student needs. [Elaine Goetz-Berman](#) serves in this role, which includes support, advocacy, and resource referral for graduate students. Elaine's approach to working with graduate students centers on her specialized knowledge about the unique academic and personal challenges you face.

**University Health Services:** UHS offers a safe and confidential environment with a variety of support services available free of charge and open to all graduate students. These include [individual](#), [couple/partner](#), and group counseling, as well as [stress management](#) and [psychiatry services](#).

UHS employs Access Consultation phone screening to replace the drop-in triage system. Students can call 608-265-5600 or log in to [MyUHS](#) for 24-hour appointment booking. There are also a limited number of drop-in appointments available every day at UHS if a student needs immediate access to UHS. If there is a risk of suicide or concern about well-being of a student, call [UHS 24-hour crisis service](#) to speak with an on-call counselor at 608-265-5600, option 9. If a situation is immediately life threatening, call 911.

In addition, UHS hosts a variety of [group counseling opportunities](#):

**Dissertators' Group** (Wednesdays 12:00-1:30pm) - A supportive group environment focused on the emotional, behavioral, and organizational challenges associated with the dissertation process.

**Graduate Students' Group** (Mondays 10:00am-11:30am; Thursdays 2:45-4:15pm) - This group examines the sources of stress, ways of coping, and the role of peer support in adjusting to a role that often feels like it's 24/7 as a graduate student.

**Graduate Women's Group** (Fridays 3:00-4:30pm) - Through offering support to others and receiving support, group members are challenged to learn about themselves, initiate change, and exercise honesty in a safe space.

**Graduate Student Process and Support Group** (Tuesdays 2:00-3:00pm) - Graduate students will receive support around common stressors related to academics ("imposter syndrome," work/life balance, anxiety), connect around shared experiences, and give and receive feedback that can help build greater self-awareness.

**Multicultural Graduate Student Support Group** - 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. [Read more about the group here.](#)

The groups listed above are just a few examples. [Additional groups](#) address students of color, LGBTQ support, relationships, depression, anxiety, and other topics. Groups typically meet one to two hours weekly, and may run from four to 12 weeks per semester. These groups fill up very quickly, so students should enroll in these groups at the beginning of the semester.

Additional UHS Resources Include:

**Let's Talk** – UHS offers drop-in consultations at locations around campus. It's free, no appointment is necessary, and students are seen on a first-come, first-served basis. [Click here for the schedule.](#)

**Wellness Initiatives** – UHS's [interdisciplinary program](#) is designed to assist students' pursuit of healthy mind, body, and spirit. Programs address healthy living, nutritional counseling, mindfulness, exercise consultation, yoga, massage, stress management, and more. Example sessions include (advance registration required):

- Let's Yoga: Mondays 4:00-4:50 (333 E. Campus Mall, 4213 Student Activity Center); Fridays 10:00-10:50am (Red Gym, Multicultural Student Center)
- Meditation: Tuesdays 12:00-12:45pm (21 N. Park St, Room 7045); Wednesdays 12:00-12:45pm (Union South, see TITU)
- Massage Therapy: By appointment, 50-minute massages for \$40

**Support for student military veterans** – Student veterans transitioning to civilian life face unique challenges. UHS has counselors who are veterans themselves and counselors who are familiar with the needs of veterans. [Click here for more information.](#)

**Sexual Violence Prevention Program** - UHS provides an online violence prevention program, which all incoming graduate students at UW-Madison are required to complete. [Click here for more information.](#)

**Survivor Services** – Survivor Services provides confidential support for students who have experienced sexual assault, sexual harassment, intimate partner violence, and/or stalking. Services include information and referral, individual and group counseling, and advocacy and accompaniments. Survivor Services holds drop-in Open Access hours during the semester located on the 8<sup>th</sup> floor of UHS (333 E. Campus Mall). Hours are M/T/W 1:00-4:00pm, and Th/F 9:00am-12:00pm, [click here for more information and schedule updates](#). Survivor Services also offers support groups, [click here for more information about Fall 2019 groups](#).

Additional support and resources on campus include:

***UWell*** – This is a comprehensive wellness initiative aiming to advance the health and wellbeing of the entire campus community by promoting existing resources. [Visit UWell here.](#)

***Dean of Students Office*** – This office is committed to fostering a caring environment for all students. Responsibilities include the [Student of Concern Report](#), the [Bias Reporting Process](#), addressing [Sexual Assault, Dating, and Domestic Violence](#), as well as many [other issues affecting student wellbeing](#). 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 regarding workplace concerns without fear of reprisal and at no cost to them. [Click here for more information.](#)

***Employee Assistance Office*** – Graduate students who hold assistantships are eligible to utilize the Employee Assistance Office. This is a confidential resource that provides counseling and consultation at no cost. [Click here for more information.](#)

In addition to utilizing UHS's services, students can seek mental health services covered by their [health insurance plan](#).