

# STUDENT COUNSELING SERVICES

The University of Alabama at Birmingham



Distance Counseling  
Appointments  
Zoom video or phone



Monday – Friday, 8am – 5pm  
Free for enrolled students  
Confidential



Web-book appointments through  
patient portal on website

**<https://www.uab.edu/students/counseling>**

# 24-7 Support Available

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## Emotional Support Help Line for COVID-19

1-866-342-6892

Free access to specially trained mental health specialists to support people experiencing anxiety or stress around COVID-19.



# Free, Online Resources

<https://www.uab.edu/students/counseling>

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## Help Yourself



## Help Others



# Stay Connected through the Resiliency Hub

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<https://www.uab.edu/students/counseling>



**@MHA Daily**

**Social Media and You Tube**

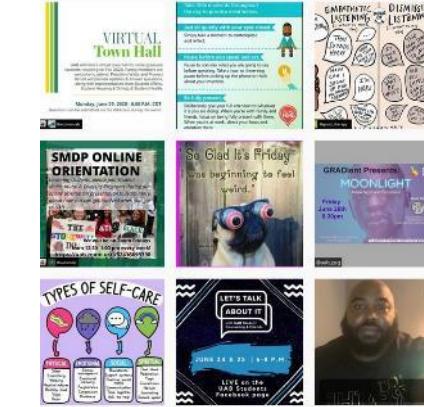


**Let's Talk About It**

**Weekly Podcast with  
Herbert Wilkerson**

**Tuesday afternoons at 4:30**

Available on Student Affairs You Tube, Student Counseling Services playlist



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**Social Media & Student Affairs You Tube**



# Support Your Mental Health and Wellbeing

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**Set a routine.** Include breaks and boundaries.



**Be kind** to yourself and others. Practice self-compassion.



Be mindful of **sleep, nutrition, and movement.** Be gentle on yourself.



**Do something.** Create, learn, serve, or connect.



**YOU MATTER.  
YOU ARE IMPORTANT.  
YOU ARE NOT ALONE.**



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ALABAMA AT BIRMINGHAM.