



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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Anxious about the coronavirus?

We're here to help you cope.

To reach our Crisis Counselors, text UAB to 741741.

CRISIS TEXT LINE

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.



NATIONAL

SUICIDE PREVENTION LIFELINE™

1-800-273-TALK (8255)

suicidepreventionlifeline.org

Free, Online Resources

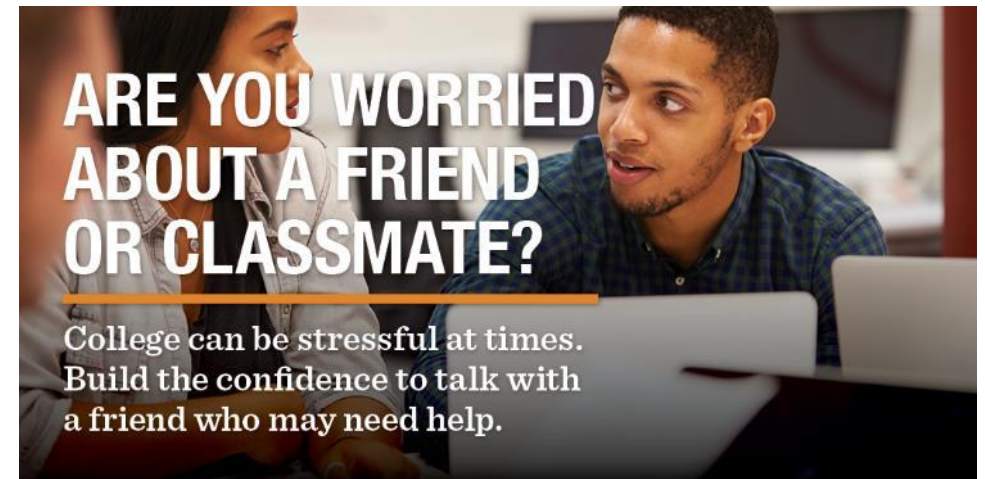
<https://www.uab.edu/students/counseling>

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Help Yourself



Help Others



Stay Connected through the Resiliency Hub

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

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@MHA Daily

Social Media and You Tube

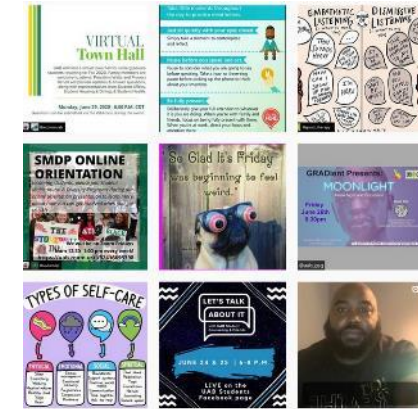


Let's Talk About It

**Weekly Podcast with
Herbert Wilkerson**

Tuesday afternoons at 4:30

Available on Student Affairs You
Tube, Student Counseling Services
playlist



Follow Us @UABSCS

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.**

UAB THE UNIVERSITY OF
ALABAMA AT BIRMINGHAM.



UAB
cares