



## STUDENT COUNSELING SERVICES

The University of Alabama at Birmingham

### **Telemental Health, Emotional Support Lines, 24-7 Crisis Text and Phone Support**

#### **Emotional-Support Help Line: 1-866-342-6892**

Free access to specially trained mental health specialists to support people who may be experiencing anxiety or stress following the recent developments around COVID-19. Provided by Optum, the toll-free help line number, 866-342-6892, will be open 24 hours a day, seven days a week, for as long as necessary. The service is free of charge and open to anyone.

#### **United Health Care Insurance**

Students with United Health Care insurance may participate in a program, **Virtual Visit\***, available through the HealthiestYou mobile app, or for more information through their [www.uhcsr.com/MyAccount](http://www.uhcsr.com/MyAccount). UHCSR insureds have access at no charge, when included with their UHCSR medical plan, or at a \$40 copay otherwise.

#### **Other Tele-Therapy Resources** (sign up and pay for sessions with a licensed counselor)

- Talkspace Online Therapy – online counseling by text, audio or video messaging at an affordable cost [www.talkspace.com](http://www.talkspace.com)
- Better Help – professional online counselors available 24/7, private and affordable [www.betterhelp.com](http://www.betterhelp.com)

#### **Mental Health Hotlines** – local and national

- Crisis Text Line – free, 24/7, confidential text message service for those in crisis – text UAB to 741741 [www.crisistextline.org](http://www.crisistextline.org)
- Birmingham Crisis Center – crisis support 24/7 call 205-323-7777
- Birmingham Rape Response – support for assault survivors at 205-323-7273
- Recovery Resource Center – local support for substance use concerns/help 205-458-3377
- Suicide Prevention Lifeline: (800) 273-8255
- Transgender Crisis Hotline: (877) 656-8860
- LGBTQ+ Hotline: (866) 488-7386
- Graduate Student Help Line (800) 472-3457
- Veterans Help Line: (800) 838-2838