

UAB Student Mental Health Resources

- UAB Cares: www.uab.edu/uabcares
- UABwell Mental Health App: www.uab.edu/apps/uabwell
- UAB Student Counseling Services and Distance Counseling Appointments:
 - Web booking, call to schedule, portal message, current counselor <https://www.uab.edu/students/counseling/>
- TAO Self-Help Online Platform
 - Online evidence-based therapy platform including stress management, depression, anxiety, mindfulness
 - Free for all UAB students; enroll at student counseling services website www.uab.edu/students/counseling/tao
- Togetherall 24-7 Peer Chat Platform
 - www.uab.edu/students/counseling/togetherall
- Kognito Interactive Simulations to Support Student Mental Health
 - Objectives: Identify warning signs of depression, anxiety and suicide; Build skills to lead conversations with students in distress; Assess the need for a referral www.uab.edu/uabcares/kognito
 - Create a new account by selecting "Click Here" above the email and password fields; Follow the prompts and enter the appropriate enrollment key for students: uabus
- Crisis and Emergency Support
 - National Crisis Text Line: "UAB" to 741-741
 - **988** Suicide and Crisis Lifeline
 - Emotional Support Line for COVID-19: 1-866-342-6892
- UAB Mental Health Ambassadors (collaboration between UAB SOPH, Student Counseling Services, and Honors College):
 - <https://www.uab.edu/students/counseling/resources>
 - <https://www.uab.edu/soph/home/academics/student-involvement/mental-health-promotion-ambassadors-program>
 - Instagram and Twitter: **@uabmha**
 - YouTube and Facebook: UAB Mental Health Ambassadors