



We're here for **U**
when you need
someone to talk to.



FREE IMMEDIATE ACCESS TO TELETHERAPY

Choose a therapist based on your preferences
gender, language, ethnicity, focus area

at a time that fits your schedule
day, night, weekend availability by video, phone, chat, or message

Private. Secure. Confidential.

Scan QR code to get started

Experiencing a mental health crisis?
Help is available 24/7/365

833.646.1526

If you are experiencing a medical emergency call 911.

