

UHS Mental Health Services (MHS) is partnering with [Uwill](#) to expand access to flexible, no cost, virtual counseling options for students. Licensed mental health professionals are available for video, phone, chat, and message sessions during flexible hours – including nights and weekends. Students can get in quickly to see a counselor, with appointments typically available within 24 hours.

This additional counseling option offers students greater flexibility and allows MHS to expand its service capacity. Uwill is a National Association of Student Personnel Administrators Educational Partner.

[Sign up with Uwill](#)

Please see the information below for the situations in which Uwill is a good option for students. Because Uwill teletherapy may not be appropriate for all presenting concerns, [please contact MHS](#) if you have any questions. Our team can help determine if Uwill is a good fit for you. Regardless of enrollment status or where you are physically located, the MHS crisis line is always available at 608-265-5600 option 9. When [MHS is open](#), an on-call counselor is available for in person or telephone support.