

Mental Health Resources

Struggling with stress, anxiety, or overwhelming emotions? You're not alone. There are a variety of mental health resources here at HSC and beyond. Whether you're ready to speak with someone about your experience or searching for strategies to cope, our resources are ready to help.

HSC Care Team

- Call 24/7 line - (817) 735 - 2740
- Refer a student of concern [here](#)
- Email the Care Team at CareTeam@unthsc.edu

HSC Student Health Clinic

- Call (817) 735 - 5051 to schedule an appointment with on-campus counselor, Conchita Andrijeski

TimelyCare

- Create an account on [TimelyCare.com/unthsc](https://www.timelycare.com/unthsc)
 - TalkNow - 24/7 emotional support from mental health professionals
 - Connect with other students in their Peer Community
 - Schedule an appointment with a certified counselor

988 Lifeline

- [Find a counselor or support group](#)
- Free 24/7 support
 - Dial 988
 - [Chat online](#)
- [Visit their webpage for additional resources](#)