Umatter
A suicide prevention initiative

Here at UW–Madison, your health is our top priority. This includes your mental well-being.

That’s where Umatter comes into play. We are a suicide prevention initiative at University Health Services working with numerous campus and community partners on efforts to promote student mental health and prevent suicide.

Visit www.uhs.wisc.edu/umatter for more information including:
- Suicide prevention resources for students, parents, and faculty/staff
- Information how to recognize, respond, and refer a student in distress
- Student involvement and training opportunities
- Campus and community mental health resources

Connect with Umatter
www.facebook.com/UmatterAtUW
www.twitter.com/UmatterAtUW

Additional Campus & Community Resources

LGBT Campus Center | www.lgbt.wisc.edu
International Student Services | www.iss.wisc.edu
Multicultural Student Center | www.msc.wisc.edu
Veterans Services and Military Assistance Center | www.veterans.wisc.edu
Peer Support and Student Involvement | www.uhs.wisc.edu/umatter/students/
Services for Survivors of Suicide | www.journeymhc.org/services/emergency/survivor-suicide-support

Suicide Prevention Lifelines

National Suicide Prevention Lifeline
800-273-8255 (TALK)
TTY: 800-799-4889 (4TTY)
Español: 888-628-9454
www_suicidepreventionlifeline.org

National Veterans Lifeline
800-273-8255 (TALK) – select option 1
Text message: 838255
www.veteranscrisisline.org

The Trevor Project – LGBTQ Suicide Prevention
888-488-7386
www.thetrevorproject.org
University Health Services
UHS provides free and confidential mental health and wellness services for students.

Drop in: 9am to 4pm, Monday–Friday
333 East Campus Mall, 7th Floor
608-265-5600, option 2
www.uhs.wisc.edu/services/counseling

Student Services
• 24-hour crisis line: for students or those concerned about a student
• Individual, group, and couple/partner counseling
• Let’s Talk: drop-in consultations around campus
• Psychiatric services, including medication management
• Alcohol and drug assessment
• Disordered eating assessment and treatment
• Care managers to assist students with finding community mental health providers, navigating health insurance or sliding-scale fees, and providing follow-up care
• Consultative services for third parties who are concerned about a student
• Post-hospitalization consultation and appointments
• Wellness services: stress management, meditation, nutrition, and sleep

Dean of Students Office
Advocacy and Support Services
The Dean of Students Office assists students with a variety of concerns and stressors by working directly with them and connecting students to appropriate resources. You can access their services by phone, email, or a drop-in visit.

Drop in: 8:30am to 4pm, Monday–Friday
70 Bascom Hall
608-263-5700
www.students.wisc.edu/doso
doso@studentlife.wisc.edu

Student Services
• Assistance navigating, understanding, and connecting to campus and community resources
• Advising and assistance with communicating with instructors about absences due to medical or personal concerns
• Help with short-term crisis loans due to unexpected life events or unforeseen circumstances
• Support for students who don’t know where to start or go for assistance
• Consultative services for parents, friends, faculty, and staff who are concerned about a student or want more information on campus resources

McBurney Disability Resource Center
McBurney Center provides services and classroom accommodations to students with disabilities, including those with mental health diagnoses, to ensure that everyone has equal access to UW–Madison’s programs, activities, and services.

Visit www.mcburney.wisc.edu and click on “How to Become a Client” to begin the service eligibility process.

702 West Johnson Street
2nd Floor, Suite 2104
608-263-2741
www.mcburney.wisc.edu
mcburney@studentlife.wisc.edu

Asking for help is a sign of strength.

Many students experience suicidal thoughts or feelings at some point. If this happens to you, please seek help—there are a variety of support and treatment strategies available.

Call the UHS 24-hour crisis line: 608-265-5600, option 9.
If your situation is immediately life threatening, please call 911.