

# Student Counseling Services and the Collegiate Recovery Community

# Mental Health Services at a Glance

Individual  
and Couples  
Counseling

Online and  
Digital  
Platforms

Collegiate  
Recovery  
Community

Community  
Referrals

Gender  
Transition  
Services

Substance  
Use Services

# Collegiate Recovery Community



Peer Recovery Meetings

Sober Social Gatherings

Connection with other CRCs in Alabama and regionally

1:1 CheckIns with professional staff

Student Leadership development

Students attending and presenting at conferences



# Scheduling Appointments



Distance and In-Person  
Appointments



Monday – Friday, 8am– 5pm  
Extended: Residential, Medicine  
Confidential, separate records  
Free for enrolled students



Web-book appointments through  
patient portal on website or call  
<https://www.uab.edu/students/counseling> or  
the UABwell App.



# Resources to Support Your Mental Health

# UAB Cares Suicide Prevention

<https://www.uab.edu/uabcares>

UAB cares deeply about the overall health and wellbeing of its entire campus community. In an effort to reach those in need, UAB established the UAB CARES Suicide Prevention Initiative as to be an effective resource for all. No matter who you are in the UAB community, remember that you matter, and you are important. UAB is here and there is help available today.

## I AM A STUDENT

In times of uncertainty, our everyday lives can become more stressful and overwhelming. As a student, UAB cares about you, your mental health and overall wellbeing. To best support your needs, UAB has provided numerous resources to help you continue your goal of thriving academically and reaching your future career pursuits.

TEXT "UAB"  
TO 741-741

Connect via text with a live,  
trained crisis counselor.

## List of Resources for Students to Seek Help:



### Are you concerned about a student?

Learn what to say on Kognito, a free online resource to help you help someone.

[Learn More](#)



### Help for Students

[View Resource](#)



### Help for Employees

[View Resource](#)



### Get Help Now

[View Resource](#)



### Kognito Educational Platform

[View Resource](#)



### Learn More About the Signs and Symptoms

[View Resource](#)



### Blazer Kitchen

[View Resource](#)

# UAB Cares Mental Health Advocate Certificate



Find the **Mental Health Advocate Certificate Course** in your Canvas Dashboard.



- Earn up to 3 Levels of Certificates
- Showcase your commitment to supporting student mental health
- Learn how help someone
- Learn UAB mental health resources

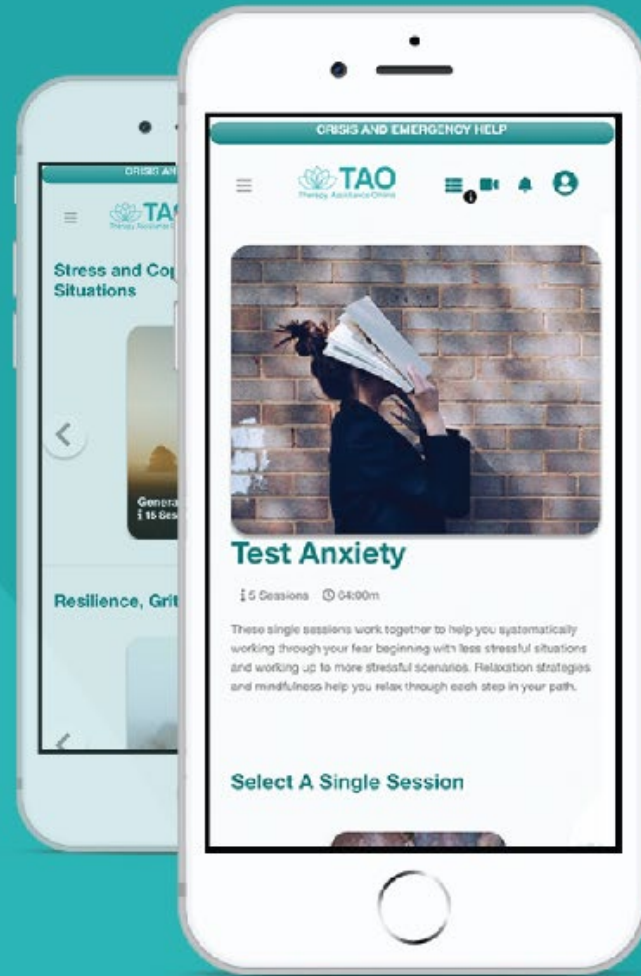


# Tackle your Semester. Try TAO.

Manage stress, test anxiety, procrastination, trouble sleeping & more. Begin your path to balance with TAO.



Download the app.  
[taoconnect.org/trytao](http://taoconnect.org/trytao)



Professional Self-Help in Your Pocket.  
#tryTAO



# UABwell+

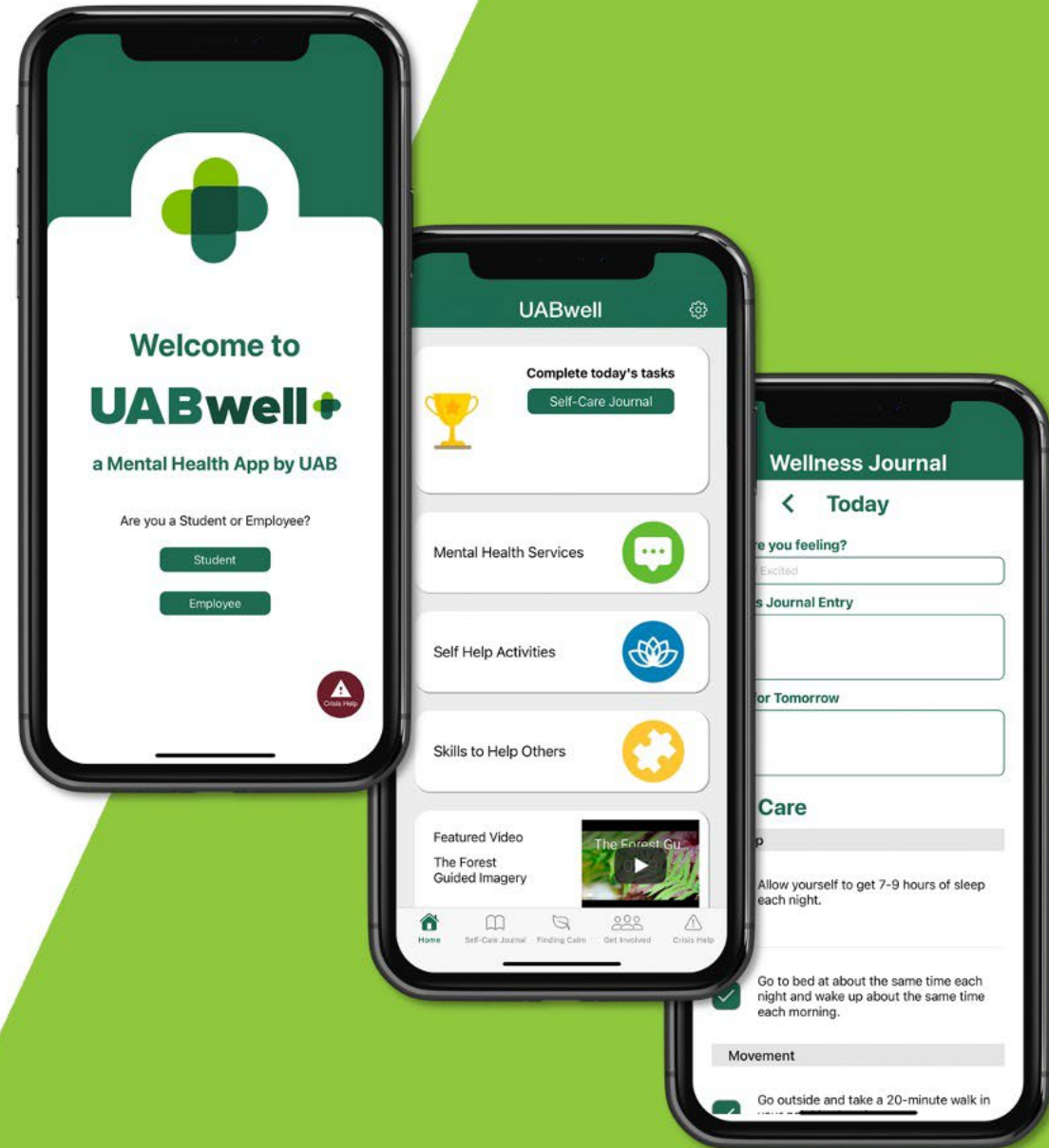
*A Mental Health App by UAB*

## *Featuring*

- Customizable self care plan
- Daily habit tracker and journal
- Hub for wellness resources and more



Download Now



# Need a safe place to talk?

Did you know that as a student at UAB you have FREE access to a safe and anonymous online peer-to-peer community to get support when you are feeling low?



**Togetherall is easy to access & available 24/7.**

“

On good days I can support others. On bad days, when I need supporting, I can find information to understand how to deal with it.

”

16+

Visit [Togetherall.com](https://togetherall.com) for FREE mental health support.



Or scan here to join Togetherall today.

Quick Explainer Video



Member testimonial video



  
**togetherall**

Get support. Take control. Feel better.

# Additional Self Screeners and Self Assessments



**U**Lifeline  
Your online resource for college mental health

# Get Involved with Mental Health at UAB



## Student Counseling Services

Graduate and undergraduate internships



MENTAL HEALTH  
AMBASSADORS

ESTABLISHED 2019

**UAB** THE UNIVERSITY OF  
ALABAMA AT BIRMINGHAM.

Honors College | School of Public Health | Student Counseling Services

**YOU MATTER.**

**YOU ARE IMPORTANT.**

**YOU ARE NOT ALONE.**

**UAB** THE UNIVERSITY OF  
ALABAMA AT BIRMINGHAM.



**UAB**  
cares