

# WELLNESS AT PRITZKER

## SUPPORT AT PRITZKER

HERE ARE PEOPLE YOU CAN REACH OUT TO FOR SUPPORT



1. CONTACT ANY OF THE PRITZKER CHIEFS AVAILABLE 24/7 365:  
MELINIQUE WALLS CASTELLANOS:  
MELINIQUE.WALLSCASTELLANOS@UCHICAGO.MEDICINE.ORG

2. CONTACT THE FRIENDLY PRITZKER DEANS:  
DEAN OF STUDENTS JIM WOODRUFF:  
JWOODRUF@UCHICAGOMEDICINE.ORG

ASSOCIATE DEAN OF STUDENTS WEI WEI LEE:  
WLEE2@UCHICAGOMEDICINE.ORG

CODY HE:  
PHILIP.HEI@UCHICAGOMEDICINE.ORG


3. CALL THE UNIVERSITY 'DEAN-ON-CALL': 773-834-4357

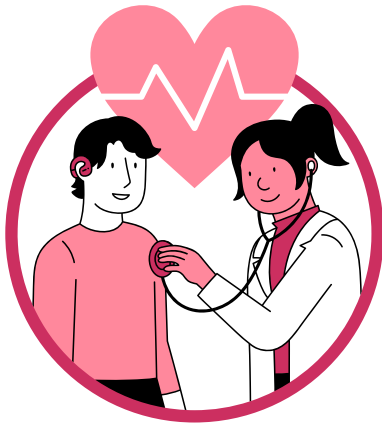
LESLIE MCCAULEY:  
LESLIE.MCCAULEY@UCHICAGOMEDICINE.ORG

## MENTAL HEALTH RESOURCES

YOUR FIRST YEAR IS A TIME OF EXPLORATION AND BUILDING SUPPORT NETWORKS! CHECK OUT THESE MENTAL HEALTH RESOURCES HERE:



UChicago Resources	Options outside of UChicago
<p><b>Student Wellness</b> Initial appointment: 773-834-9355</p> <p>Therapist on Call: 773-702-3625</p> <p>Let's Talk – drop-in counseling: Mondays, 1-2 pm + Fridays, 3-4 pm <a href="https://wellness.uchicago.edu/mental-health/lets-talk">wellness.uchicago.edu/mental-health/lets-talk</a></p>	<p><b>Psychology Today</b> Search engine for providers with filters for specialties, accepted insurances, languages, and more <a href="https://www.psychologytoday.com">https://www.psychologytoday.com</a></p> <p><b>Peer Provider Recommendations</b> Included in each week's TWAP.</p>
<p>Therapists: counselors or psychologists that provide talk therapy.</p> <p>Psychiatrists: medical doctors who can prescribe medications.</p>	<p><b>TimelyCare</b> Access via <a href="https://uchicago.edu">uchicago.edu</a> email</p> <p>On-demand and scheduled appointments → Students get 12 free sessions per academic year</p> <p>Non-UChicago therapists and psychiatrists</p> <p><a href="https://timelycare.com/uchicago">timelycare.com/uchicago</a> App/Google Store: TimelyCare</p> 



## ACCESSING CARE AT STUDENT WELLNESS

FOR APPOINTMENTS OR MEDICAL ADVICE, CALL 773.834.WELL (773.834.9355) OR VISIT THE MY.WELLNESSPORTAL TO SCHEDULE AN APPOINTMENT STARTING JULY 17 FOR APPOINTMENTS AS EARLY AS AUGUST 2

## PROMOTING CONNECTION

APPLY FOR WELLNESS GRANTS (\$50) TO ORGANIZE SOCIAL EVENTS FOR YOUR CLASS AND THE PRITZKER COMMUNITY

