



University Counseling and Testing Center

Telemental Health, Emotional Support Lines, 24-7 Crisis Text and Phone Support

Emotional-Support Help Line: 1-866-342-6892

Free access to specially trained mental health specialists to support people who may be experiencing anxiety or stress following the recent developments around COVID-19. Provided by Optum, the toll-free help line number, 866-342-6892, will be open 24 hours a day, seven days a week, for as long as necessary. The service is free of charge and open to anyone.

United Health Care Insurance

Students with United Health Care insurance may participate in a program, **Virtual Visit***, available through the HealthiestYou mobile app, or for more information through their www.uhcsr.com/MyAccount. UHCSR insureds have access at no charge, when included with their UHCSR medical plan, or at a \$40 copay otherwise.

Other Tele-Therapy Resources (sign up and pay for sessions with a licensed counselor)

- Talkspace Online Therapy – online counseling by text, audio or video messaging at an affordable cost www.talkspace.com
- Better Help – professional online counselors available 24/7, private and affordable www.betterhelp.com

Mental Health Hotlines –

<https://www.southalabama.edu/departments/counseling/mhemergencies.html>