



BEHAVIORAL AND MENTAL HEALTH RESOURCES



Campus Resources

UHS Behavioral Health Clinic
 4th Floor University Health Services
 859-323-5511 to schedule appointment
 Open M-F 8a-4:30p Saturday 9a-11a

Center for Support and Intervention
 Frazee Hall (3rd Floor) Open M-F 8a-5p 859-257-3755

- Case management office for behavioral intervention and assessment
- Appropriate for roommate/fellow students/teammates behavioral concerns
- In place to protect the student(s) involved and other affected students

VIP Center
"Violence Intervention and Prevention"
 Gatton Student Center Room C316
 Confidential advocates available for walk-in appointments M-F 9a-5p or schedule by calling 859-257-3574

Wildcat Wellness Hub



UK Counseling Center
 104 Mandrell Hall Open M-F 8a-4:30p 859-257-8701

- Mental health clinician (Daytime On-Call clinician, ask for the DOC) available by phone or walk-in for emergent cases
- 24 hr/day availability for urgent phone consultation with a mental health professional

UK Good Samaritan Hospital Emergency Department
 310 S Limestone St (859)226-7000

Psychiatric Services are available 24 hours a day for crisis/emergency situations, including but not limited to:

- Thoughts, attempts, or plans of self-harm or harm to others
- Altered mental or physical state following excessive alcohol or substance use/abuse

REMINDER: Reach out to your athletic trainer to obtain help

**Confused where to start?
 Call 859-218-yoUK
 For general information on all resources**

TRACS
"Triage, Referral, Assistance, & Crisis Support"
 Gatton Student Center 3rd Floor, East Wing

Physical and virtual one-stop shop for a quick referral to support services or receive direct clinical support for a range of mental health needs and crises

- Call 859-21-TRACS (859-218-7227)

[Complete this form for assistance](#)

talkspace

Students have access to:

- Two 30 min virtual sessions/month with licensed professional
- Multi-lingual offerings
- UNLIMITED text and audio messaging

NEW!

[Click here for more info!](#)

IF the person you are trying to help poses a threat to themselves or potentially to anyone - seek emergency help and CALL 911



UKAD Resources

Click here for more info!





Dr. Marc Cormier
PhD, CMPC, LPCA
 Sport and Performance Psychology
 Available for treatment of mental health concerns
 Specific sport psychology issues to help aid performance
 Schedule via text at 304-777-8024

Staff ATC
 Your athletic trainer can assist in setting you up with ANY resources available both specific to UKAD or through campus

Dr. Scott Littleton, MD
 Psychiatrist 859-257-5276
 Available for diagnosis and treatment of the full spectrum of mental health concerns