



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

VIP Center

"Violence Intervention and Prevention"
Multidisciplinary Sciences Building Suite 401
Confidential advocates available for walk-in appointments M-F 9a-5p or schedule by calling 859-257-3574

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

Wildcat Wellness Hub



UK Counseling Center

Gatton Student Center 3rd Floor, East Wing 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 2nd 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

BetterMynd

Students have access to:

- Up to 10 FREE, confidential, personalized 50-minute sessions
- Flexible scheduling, fully on-line counseling



UKAD Resources

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. James Hawthorne

Psychiatrist 859-257-5276
Available for diagnosis and treatment of the full spectrum of mental health concerns

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

