

We're here for **U**  
when you need  
someone to talk to.



## FREE IMMEDIATE ACCESS TO TELETHERAPY

Choose a therapist based on your preferences  
gender, language, ethnicity, focus area

at a time that fits your schedule  
day, night, weekend availability by video, phone, chat, or message

**Private. Secure. Confidential.**

Scan QR code to get started



Experiencing a mental health crisis?  
Help is available 24/7/365

**833.646.1526**

*If you are experiencing a medical emergency call 911.*