



University of Wisconsin Stevens Point

To support UW–Stevens Point students in their personal wellness journeys, we have added clinically-informed teletherapy and telepsychiatry, as well as best-in-class 24/7 support and robust student wellness content. Students may access the services below on their campus [YOU at College](#) platform



UW Mental Health Support 24/7

Didi Hirsch's support line counselors work to ensure that students' mental health concerns and crises are managed properly, and that they receive the best care possible.

The UW Mental Health Support 24/7 line is available via call, text (888-531-2142) or [chat](#) options.

Questions? Contact Dr. Stacey Gerken, Director of Counseling Center, sgerken@uwsp.edu



Self-Help & Well-Being Web Platform

The YOU platform is the student's digital front door to campus resources and actionable content.

YOU helps students navigate life and campus on their terms with independent goal setting, skill building, assessments and evidence-based content across 30+ well-being topics.

Access your YOU platform at you.uwsp.edu

Questions? Contact Dr. Troy Seppelt, Dean of Students, tseppelt@uwsp.edu



Teletherapy & Telepsychiatry

Mantra Health offers clinically informed and culturally responsive care for your students. Teletherapy and telepsychiatry support is available during the day, evenings and on weekends.

To access services, go to app.mantrahealth.com and click "Sign Up", or contact the Counseling Center at (715) 346-3553.

Questions? Contact Dr. Stacey Gerken, Director of Counseling Center, sgerken@uwsp.edu

Each service has a team lead on each campus to work with the vendor and various campus stakeholders to implement and support these services. If you have questions about your campus implementation, please contact your campus stakeholder as noted above.