

Mental Health and Wellness Resources

If you or someone you know are in need of immediate assistance, please dial 988 for 24/7 confidential support

Employee Resources

- [988 Lifeline](#) - 24/7 confidential support for people in distress
- [Veteran Crisis Line](#) - 24/7 confidential crisis support for veterans and their loved ones
- [Deer Oaks counseling](#) - Call 1-888-993-7650 or reach their 24-hour counseling line (Benefits Eligible)
- [Deer Oaks iConnectyou app](#) - 24 access support (benefits eligible)
- [MDLIVE](#) - Behavioral health services by appointment and with video connection only (UT select members)
- [Learn to Live \(L2L\)](#) - behavioral health digital platform offering counseling services (UT select members)
- [Headway](#) - Behavioral Health matches you with an in-network mental health SPECIALIST - fees apply (UT select members)
- [Traditional behavioral health services](#) include in-person and telemedicine office visits, outpatient services and inpatient programs - pre-authorization required (UT select members)
- [UT Living well resources](#)
- San Antonio Crisis Helpline - 24-Hour Crisis & Substance Use Helpline
 - 1-800-316-9241 or 210-223-SAFE (7233)
- [National Alliance on Mental Illness \(Greater San Antonio\) NAMI](#)

If you have questions or need additional resources, reach out to your [HR Business Partner](#).

Student Resources

- [988 Lifeline](#) - 24/7 confidential support for people in distress
- [Veteran Crisis Line](#) - 24/7 confidential crisis support for veterans and their loved ones
- [Wellness 360 Counseling Services](#) – Short-term individual counseling, group counseling and psychiatry
- [Timely Care](#) – Virtual, on-demand emotional support, appointment-based counseling, and advanced psychiatric care
- [Crisis Help Line](#) – Crisis assistance is available 24/7 at 210-458-4140