may reach out to your USL / GSL by email or Teams. 

BSW and BSSUT Students

Need to meet with an advisor but there's no upcoming appointment available? Drop-in options are listed below:

- Advanced Children & Families
- Advanced CAP
- Advanced Aging 
- Academic advisor for BSW/BSSUT Social Work Mavericks

Apr 1st:

- Either in person or virtually on Wednesdays. To schedule your 30-minute drop-in time, please register here.

Please call (817) 272-3671 and request to speak with the crisis counselor on duty.

Additional UTA Mental Health Resources:

- TimelyCare and CAPS Services
- Emergency Assistance Fund: https://timelycare.com/UTA/

TimelyCare is a direct virtual care platform from TimelyCare, designed for college students.

With Love and Light,
TimelyCare

The importance of mental health and its approach in higher education like colleges and universities is crucial. It is known that students face challenges that go beyond academic pressure. They have begun to prioritize mental health as a major factor in their overall well-being. With the help of licensed mental health professionals, students can receive support for their mental health needs.

TimelyCare developed by college students from Abilene Christian University, provides mental health services to students. The Mental Health Clinic is an avenue to that approach. It is a mental health direct virtual care platform that connects students with licensed mental health professionals. With this service, students can receive support for their mental health needs. The clinic aims to break down those unnecessary obstacles that surround the mental health services and make it accessible to everyone.

The clinic is open to all college students and is staffed by licensed mental health professionals. They provide support for a variety of mental health needs, including stress, anxiety, depression, and more. Students can expect personalized and confidential care.

Desiree Warren - I am a born and raised Texas girl, however I had to go through New York before I came back home. I completed my master’s in counseling psychology from Troy University in Florida. With love and care, I enjoy being involved within her community and church. She also enjoys spending time with family and friends.

Brittany Adams - I am a new graduate from Abilene, Texas. I have been in the field of education for over ten years. Her areas of expertise include children and families and mental health. Brittany enjoys volunteering in the community and sitting down with an enjoyable book. Yes, I said a book, not just any book. But a book of poetry to be exact. Poetry is passionate and honest words, but to live by them.

If you are in need of mental health support, please reach out to TimelyCare by calling (817) 272-3671 and request to speak with the crisis counselor on duty. Additional UTA Mental Health Resources are available online at https://timelycare.com/UTA/. With love and light, I hope you find the support you need.

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The University of Texas at Arlington

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