

TROUBLE COPING DURING COVID-19?

YOU'RE
NOT
ALONE

01



Student Counseling Services is here to help. Call us at **(713)500-5171** to schedule an appointment.

02

Download self-help apps.



Thrive at UT.



03



In a crisis, call our IMUT Crisis Hotline at **(713)500-IMUT(4688)**. Available 24/7

04

Visit <http://bit.ly/UTStudentCounselingWellness> for short presentations on how to cope.



05

Reach out for help.