

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.