

Mental Health Resources for UKCOM Students

If you or someone you know is experiencing a mental health crisis (has expressed intent to harm themselves or someone else), call 988 or 911 immediately.

Immediate Mental Health Resources

Call 988 Suicide & Crisis Life Line (or 911)

If you're struggling with your mental health, feeling overwhelmed, or just need someone to talk to, you can call or text 988 any time and get connected to a trained counselor. Whether you're facing mental health struggles, emotional distress, alcohol or drug use concerns, it's free, confidential, and available 24/7. You don't have to go through this alone.

UK HealthCare EmPATH - Lexington, KY – *emergency psychiatric care*

UK Healthcare Emergency Psychiatric Assessment, Treatment and Healing (UKEmPATH) is open to adults 18+ experiencing a mental health problem that impairs their ability to perform normal daily functions, take care of themselves and keep themselves safe. They are open 24/7 and the address is: 1354 Bull Lea Rd, Lexington, KY 4051. Phone: 850-562-3899

UKCOM Mental Health Resources

Physician Wellness Program (PWP) – Lexington Medical Society – *therapy*

University of Kentucky College of Medicine students receive **12 free mental health sessions** per year at [The Woodland Group](#). If you prefer to be seen by a non-UK therapist, this is a great resource.

Medical Student Psychiatry Support Group – *student support group*

The Medical Student Psychiatry Support Group, offered by the UKCOM Department of Psychiatry and Office of Medical Education, provides mental health support for all medical students with in-person and telehealth options. To schedule an appointment, call Denise Carpenter at **859-323-6008**, leave your name, and identify yourself as a medical student.

Resilient - *student org – see link for contact info per campus*

Resilient is a student-led organization that was established to make personal wellness a priority for all med students. This medical student organization is dedicated to improving personal wellness through prevention of burnout, intervention for students who need support, and de-stigmatization of seeking care. Resilient helps make mental health resources more accessible and facilitates open conversations about mental well-being.

Bowling Green Campus

WKU Counseling Center - *therapy*

The WKU Counseling Center is located in 409 Potter Hall on WKU's main campus and offers therapy for individuals, couples, and groups. To make an appointment call 270-745-3159. This service is free to all UK College of Medicine-Bowling Green Campus students.

[Talley Family Counseling Center \(WKU\) - therapy](#)

The Talley Family Counseling Center is located in 3012 Ransdell Hall on WKU's campus and offers counseling services for individuals, couples and families. To make an appointment call **270-745-4204**. This service is free to all UK College of Medicine-Bowling Green Campus students.

[WKU Student Health - mental health services](#)

WKU Student Health includes mental health services. To make an appointment call (270) 745-CARE (2273).

Northern Kentucky Campus

[NKU Health, Counseling and Student Wellness Center - therapy](#)

NKU Health, Counseling, and Student Wellness Center is located in the University Center on NKU's main campus and offers therapy for individuals, couples, and groups. To make appointments call **859-572-5650**. This service is free to all UK College of Medicine-Northern Kentucky Campus students. You must provide information from your NKU student ID card when scheduling.

University of Kentucky Mental Health Resources for Students

[TRACS - mental health services & crisis support](#)

TRACS (Triage, Referral, Assistance, and Crisis Support) provides immediate help for mental health concerns, trauma recovery, and crisis support, connecting you to on- and off-campus resources, **including the UK Counseling Center**. You will complete a form and then meet with a staff member who will help figure out which resources could best support you. [Complete the GET HELP form here](#), call 859-218-7227, email TRACS@uky.edu, or visit us at the Gatton Student Center, East Wing, 3rd Floor—we're here to support you.

To reach a mental health clinician after business hours, on weekends or during official University holidays, call 859-257-8701 and select Option #1 to be connected with a clinician. This line is not meant for communicating in an emergency situation.

[UK Counseling Center - therapy](#)

The UK Counseling Center offers free mental health services for all UK students. To get started, [complete this form](#), or call the **24/7 hotline at 859-257-8701** (press #1 after hours to connect with a clinician).

[University Health Service Behavioral Health Clinic - psychiatry & therapy](#)

The University Health Service (UHS) offers therapy and psychiatry services for mental and behavioral health. To schedule an appointment, call **859-323-5511** or [make an online request for appointment](#)

[TalkSpace](#) - *psychiatry & therapy*

UK students can access free mental health services through TalkSpace, which provides unlimited messaging and two phone or video sessions per month. To get started, answer a few quick questions, and you'll be matched with a provider within 48 hours.

[Headspace](#) - *mindfulness app*

Headspace is available for free to UK students (until March 2026), offering tools like guided meditations, sleep aids, and movement exercises to support mental, emotional, and social health. Access can also be shared with up to 5 family members to promote well-being together.

University of Kentucky - Additional Support

[CSI](#) – *non-clinical case management & guidance to university resources*

If personal, family, or academic stressors are piling up and you're unsure where to start, the **Center for Support and Intervention** is here to listen and help you prioritize your needs. Our case managers have in-depth knowledge of on- and off-campus resources and can guide you through decisions like withdrawing, filing appeals, or navigating emergencies. [Complete the self-referral form here.](#)

[Violence Intervention & Prevention \(VIP Center\)](#) - *interpersonal violence resource center*

Confidential advocates provide free support to anyone in the UK community who has experienced or knows someone affected by interpersonal violence, including intimate partner violence, sexual violence, or stalking. To schedule an appointment, email vipcenter@uky.edu or call **859-257-3574**. **If you are in immediate danger, contact 911.**

[QPR Training: Question, Persuade, Refer](#) - *suicide prevention training*

QPR (Question, Persuade, Refer) is a brief, practical training that teaches you how to recognize suicide warning signs, talk to someone in crisis, and connect them with help—empowering anyone to save a life, just like CPR. [Request a session for your team](#) or [take the training now](#) (use registration code UKY2256431895).

[Integrated Success Coaching](#) - *coaching*

Free coaching is here to help you excel in med school by mastering time management, improving study strategies, managing stress, and reaching your goals. Integrated success coaches specialize in academic life skills, careers, finances, leadership, identity needs (i.e., ADHD, First Gen), and wellness so you can meet with someone that best fits your needs.

Links for Additional Resources

[Physician Support Line](#) - 1 (888) 409-0141 – *physician mental health line*

The Physician Support Line is a free, confidential, and anonymous mental health resource staffed by volunteer psychiatrists offering peer support to U.S. physicians and medical students. Available Monday through Friday from 8:00 AM to 11:00 PM ET (excluding federal holidays), no appointment is needed, and calls can be made for any issue—not just crises. The service is completely independent and does not report to any institution.

[UKCOM Student Wellness Resources](#)

[UKCOM Office for Community Advancement Resource List](#)

[UK Students Mental Health Resources - Search for a UK Resource](#)

[How to find a therapist in your local community.](#)