

HSC MENTAL HEALTH RESOURCES

1

CARE TEAM

- Supports students experiencing personal, emotional and/or medical stressors and connecting them to resources
- Available 24/7 via phone at 817-735-2740
- Referrals accepted, appointments can be made in-person or virtually



MY SSP

- Free for all HSC students
- Available 24/7 - phone, web chat or app
- Provides immediate personalized support, keeps information and confidential

2

3

HEALTHIEST YOU

- Free for students with Student Health Insurance
- Access to counseling and psychiatry
- Talk with licensed doctor 24/7 by phone or video from anywhere
- Support available via Healthiest You app



STUDENT HEALTH CLINIC

- Provides HSC students with easy access to affordable healthcare for healthier HSC community
- Same-day or next-day appointments, with in-person and virtual options available
- Services include anxiety & depression treatment, psychiatric care

4



Office of
Care and Civility