

Use this chart as a guide to find the support you need for your mental well-being. Note this list may not describe all needs however, based on your urgency, seek help as needed.



General Wellbeing Support

- Support is not critical or urgent and wanted within 3-4 weeks
- Anxiety, depression, stress, grief, relationship issues, referrals



Mild to Moderate Need

- Support wanted within 2-3 week timeframe
- Stress management, grief, mental health concerns, development of treatment plan



Semi-Urgent/Urgent Need

- Support needed within less than 2 weeks
- Semi-urgent need for therapy/ cognitive behavior therapy and/or medication management



Critical/Immediate Need

- Immediate care required due to critical need for serious mental health intervention
- Thoughts of suicide, harming self or others

Faculty and Staff Assistance Program

Insurance Not Required; Free
Virtual/In-Person
305-284-6604

- 1:1 consultations/counseling
- Critical incident/stress management support
- Group/team counseling

Primary Care

Insurance Required; Copay
Virtual/In-Person
Provider search at Aetna.com

- Triage mental and behavioral health needs as a primary physician
- Provide referrals to UHealth specialists

Teladoc

Insurance Required
Copay | Virtual
1-855-TELADOC (835 2362)

- Therapy/cognitive behavior therapy continuance or for new issues and medication management for ongoing conditions

Jackson Behavioral Health Hospital

Crisis Center

Insurance Required
Copay | In-person/ 24/7
305-355-7000

- Suicidal thoughts, psychotic symptoms (visual or auditory hallucinations), thoughts of harming yourself

Aetna Resources for Living

Insurance Not Required; Free
Virtual/In-Person
1-888-238-6232

- After-hours counseling
- Work/life services
- Remote/out-of-state services
- Referrals to Aetna behavioral health services

UHealth Department of Psychiatry

Insurance Not Required; Copay
Virtual/In-Person
305-243-0214

- Psychiatry services for mental health needs of women, children, older adults, and patients with co-existing medical conditions

Talkiatry

Insurance Not Required
Copay | Virtual
Talkiatry.com

- Licensed psychiatrists who specialize in anxiety, bipolar, child & adolescent care, depression, OCD, and more

National Suicide Prevention Lifeline

Insurance Not Required | 24/7
Call 1-800-273-8255 or 988
Text HOME to 741741

- 24/7 response to calls, chats or texts from anyone who needs support for suicidal, mental health, and/or substance use crisis

Meru Health/Aetna

Insurance Required; Copay
Virtual
1-800-824-6411

- 12-week digital therapy program to reduce depression/anxiety
- Customized program focuses anxiety, depression, and burnout

UHealth Clinic at Walgreens Behavioral Virtual Care

Insurance Required
Copay | Virtual
1-888-689-8648

- Triage mental and behavioral health needs as a primary physician

Learn more about mental and behavioral health resources for UM faculty and staff at miami.edu/benefits.

