

UConn | SCHOOL OF SOCIAL WORK

Resources for School of Social Work Students (BSW, MSW, PhD)

Identification of resources to support our students in the mental health/emotional health domains.

Students' Insurance/Health Plan (SHIP)

- ❖ Students may review their existing health insurance / health plan to understand what may be available to them in terms of costs.
- ❖ Students may inquire about the services that are available to them through their health care practice, i.e., some practices will have social workers or counselors as part of their practice.
 - ✓ [Student Insurance Info](#)

UConn Hartford Campus

- ❖ The Hartford Campus Health Resource Center (Naa Opuku- Clinical Case Manager - [MHRC info](#))

Range of Services and Resources

- ❖ 211 - [211 Information](#)
 - ✓ 211 connects to a range of resources such as food, mental health, healthcare expenses, housing, heating, childcare, etc.
- ❖ Food Banks - [Click here for Food Bank](#)
- ❖ SNAP - [SNAP link/resources](#)
- ❖ Nutrition: [List of Healthy Foods](#)
- ❖ 988 [National Suicide and Crisis Lifeline](#)

Recovery Resources

- ❖ Recovery Ally [UConn Recovery Community](#)
- ❖ [CT - AA](#)
- ❖ [CT ALANON](#)
- ❖ CT NA - [CT - N.A.](#)
- ❖ [CT and Western MA GA](#)

Therapists / Counselors / Mental Health Resources

- ❖ Community Health Services (CHS) - [CHS Info](#)
- ❖ Community Health Resources (CHR) - [CHR Info](#)
- ❖ InterCommunity Health Care - [InterCommunity Info](#)
- ❖ Charter Oak Health Center and Charter Oak Health Satellite - [Charter Oak Info](#)
- ❖ Wheeler Family Health and Wellness
 - ✓ [Wheeler Clinic Info](#)
- ❖ United Way - [United Way Info](#)
- ❖ Mobile Crisis (# 203-974-7713) or [CMHC-Mobile Crisis Intervention and Evaluation](#)
- ❖ NASW CT [\(Online Therapy Directory\)](#)
- ❖ Psychology Today ([Find a Therapist](#))
- ❖ NAMI - [NAMI Info](#)