

Accessibility Resources

- [McBurney Disability Resource Center](#)
 - Offers disability accommodation consulting and facilitates the formal student accommodation system with instructors
 - [Study and Learning Skills Program](#):
 - Students schedule individual appointments with trained study skills specialists to discuss ways to study more effectively
 - [Campus Resources for Undiagnosed Students](#)
 - The McBurney Center requires students to have documentation of their condition and undiagnosed students can contact clinics both on and off-campus to seek a comprehensive evaluation
 - [Notetaking](#)
 - McBurney Center offers many notetaking accommodations and eligibility will be indicated on the student's accommodation plan in McBurney Connect
- [Greater University Tutoring Service \(GUTS\) – Study Skills](#)
 - The SS program work with students to help identify problem areas in time management, note-taking, concentration, test-taking, etc.

Health Resources

- [University Health Services \(UHS\)](#)
 - Offers both physical and mental health care, including evaluation/diagnosis of mental health conditions, therapy, routine physical care, etc.
 - [Mental Health](#)
 - UHS offers an open, safe, and confidential environment to help students process issues that may interfere with their development, well-being, and academic productivity
 - Services include: couple/partner counseling, psychiatry services, eating disorders, substance use disorders, and more
 - [Alternatives Beyond Therapy](#)
 - Such as support groups, group counseling, and one-time group sessions
 - [Upcoming Mental Health Support Sessions](#)
 - [Survivor Services](#)
 - UHS Survivor Services provides free, confidential support services to UW-Madison student survivors of sexual assault, dating violence,

domestic violence, sexual harassment, sexual exploitation, and/or stalking

- [Emergency and non-emergent 24/7 support](#)
 - For both physical and mental health conditions

Recreation and Wellbeing Resources

- [Athletics and Recreation Program](#)
 - Great for preventative physical and mental health care, as well as to immediately address a range of symptoms
 - [Mindfulness](#)
 - The goal is to help participants build a foundational practice people can continue to return to the rest of their lives
 - [Massage Therapy](#)
 - Massages are only at the [Bakke Recreation & Wellbeing Center](#), in the second floor wellbeing suite within Thrive
 - [Wellness Coaching](#)
 - Centered around the seven aspects of wellbeing (health, meaning, safety, connection, growth, achievement, and resiliency), this is an opportunity to reflect on ones wellbeing and go after their goals in a collaborative, supportive environment
 - [Adventure Learning Programs](#)
 - ALPs challenges people through adventure-based learning to discover themselves and understand those around them
- [Arboretum](#)
 - Features distinct ecological communities, horticultural collections, effigy mounds, and more than 17 miles of trails

Campus Diversity Resources

- [Campus Diversity Representatives](#)
 - Available in every campus department to support the academic achievement of under-represented and historically marginalized groups of students
- [Diversity, Equity, and Inclusion](#)
 - The center offers events, trainings, and support to students and faculty that are often underrepresented
- [Identity Centers](#)
 - Foster a sense of belonging for students with marginalized identities by providing a built-in network of support, a place to feel they're accepted and affirmed, and create a sense of community
- [Gender and Sexuality Campus Center](#)
 - Offers a variety of weekly [discussion groups](#) designed to support LGBTQ+ students and their communities

- Center has appointments and drop-in crisis [counseling](#) during regular business hours

Financial Support Resources

- [Emergency Financial support](#)
 - Financial support services including financial services consulting, and a portal to connect with on- and off-campus employment
 - Some schools offer separate scholarships and emergency funding
 - Inflation is driving up living costs and know that you are not alone if you are in a tight spot
- [Student Job Portal](#)
 - An ever-evolving range of opportunities for student including some remote work
- [The Open Seat](#)
 - Student-led food pantry that supplies self-identified food insecure students with free nutritious and healthy food and hygiene products
 - Check hours before going

Parents/Caregiving Resources

- [Office of Child Care and Family Resources](#)
 - Child care tuition assistance for student parents, classes & family events, and resources to find high-quality child care
- [Financial Assistance](#)
 - Offers several child care tuition assistance programs for student parents pursuing an undergraduate, graduate, or professional degree

Screen Free “Brain Break” Resources

- [Athletics schedule](#)
- Mead Witter School of Music [Concerts and Events Schedule](#)
- All other events, lectures, and activities can be [found here](#)

**** For a complete list of resources compiled by the Sandra Rosenbaum School of Social Work, please [Click here](#). ****