




<p>Free</p> <h3>24/7 CRISIS COUNSELOR</h3> <p>If you have an urgent concern and need to speak to a counselor outside normal business hours.</p> <p>207-786-6200, press "0"</p>	<p>Free</p> <h3>NATIONAL SUICIDE AND CRISIS LIFELINE</h3> <p>Call or Text 988</p> <p>Llamar o enviar un mensaje de texto 988</p>	<p>Free</p> <h3>CAPS SAME DAY ACCESS</h3> <p>We offer same-day appointments to problem solve a specific concern (e.g., advice on roommate or relationship conflict, how to best manage stress, coping skills regarding anxiety, help making a decision).</p>	<p>Free</p> <h3>CAPS SHORT-TERM COUNSELING</h3> <p>Short-term individual counseling for any Bates student who wants to explore any personal concerns in a one to one setting with a licensed clinician.</p> 	<p>Free</p> <h3>CAPS GROUPS</h3> <p>Counseling groups address a variety of needs for students and meet weekly during the semester to provide interpersonal support and peer to peer connection. Email the clinician running the group for more information.</p> 
<p>Free</p> <h3>UWILL</h3> <p>Bates partners with Uwill, a leading mental health platform for colleges and universities, as an option for short-term care with a licensed therapist in Maine available to Bates students. Six (6) 30-minute telehealth sessions, clinicians available nights and weekends.</p> 	<p>\$/insurance</p> <h3>TALKIATRY</h3> <p>If you have prior psychiatric or mental health related prescriptions that need ongoing maintenance during college, Talkiatry is an online telehealth service that may meet your needs and accepts many insurance plans.</p> 	<p>\$/insurance</p> <h3>THRIVING CAMPUS</h3> <p>Bates partners with Thriving Campus, an online resource used by colleges & universities in the US that helps you access and connect with off-campus mental health care for longer term treatment.</p> 