

# UT Resources

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THE UNIVERSITY OF  
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# Help

- 974-HELP (4357)
- **24-HOUR HELPLINE**
- If you are experiencing a mental health emergency or concerned about the mental health of another student, you can now reach a crisis-trained professional after regular business hours by dialing 974-HELP (4357).
- If there is an immediate risk to the safety of self or others, please dial 911.

# Health

- <https://studenthealth.utk.edu/>
- <https://counselingcenter.utk.edu/>

# Student Disability Services

- <https://sds.utk.edu/>

# Things to do to keep yourself balanced

# Tips

- Eat healthy
- Exercise (even if it is just to leave the building and take a walk around campus)
- Talk to others
- Ask for help before things spiral out of control