UT Resources

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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