Dear graduate students,

Congratulations on reaching the halfway point of fall term! So don’t let your mental and physical wellness take a back seat to your studies. See below for some strategies to access care today.

**Wellness Q&A**

**Q: Who can I see for counseling or therapy?**

A: To find a counselor or therapist, you can visit the [UO Counseling Services](https://counseling.uoregon.edu/) or [GTFF Health Insurance](https://gtff.uoregon.edu/). You can find a list of therapists affiliated with these services on their websites.

**Q: How do I find a therapist?**

A: You can find a therapist by calling University Counseling Services at 541-346-3227, or by visiting the [Graduate Student Lounge in Susan Campbell Hall](https://www.uoregon.edu/graduate/grad-lounge). They offer free or sliding-scale therapy services including autism, anxiety, depression, and more. You can also email [awinstein6@uoregon.edu](mailto:awinstein6@uoregon.edu) to schedule an appointment.

**Q: Where can I find information on specialty services?**

A: Specialty services include but are not limited to allergy and asthma care, diabetes management, transgender care, physical therapy, and napping. These services are offered at the UO Health Services Center, if desired.

**Q: How do I access free or sliding-scale therapy services?**

A: To access free or sliding-scale therapy services, you can contact the [GTFF health insurance support staff](https://gtff.uoregon.edu/) or call University Counseling Services. Alternatively, you can visit the [GTFF](https://gtff.uoregon.edu/) or [UO Counseling Services](https://counseling.uoregon.edu/) websites for more information.

**Q: Can I use UO Health Services here on campus?**

A: Yes, as a graduate student, you can use UO Health Services for all your healthcare needs. You can find a list of providers and services on their website.

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**Division of Graduate Studies**

- [Graduate Research Forum](https://grad.uoregon.edu/graduate-research-forum)
- [Graduate Education Policies](https://grad.uoregon.edu/graduate-education-policies)
- [Open GE Positions](https://grad.uoregon.edu/graduate-education-open-positions)
- [One Stop resource](https://onestop.uoregon.edu/)
- [Graduate Student Newsletter - Oct. 27, 2022](https://grad.uoregon.edu/graduate-newsletter-october-27-2022)
- [Graduate Research Forum](https://grad.uoregon.edu/graduate-research-forum)
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Michelle Mendoza

Michelle is a 3rd year PhD in the School of Counseling Psychology. She works closely with her faculty advisor, Dr. Susan Chronister, on research focusing on intimate Partner Violence in Filipina American communities. She works directly with Dr. Chronister on her research and focuses on the role of community resources and interventions in preventing and addressing partner violence. She is committed to providing equitable access to mental health services and working towards disrupting cycles that perpetuate patterns of inequity. She believes that integrating community partnerships and resources is key to her research and work.