



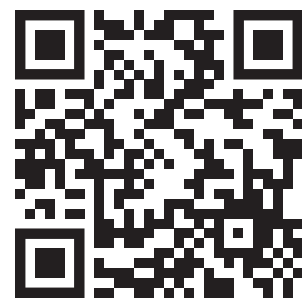
A virtual mental health and well-being platform for currently enrolled UT Austin students.

Through either the mobile app or your desktop, receive access to virtual care through phone or secure video visits.

TimelyCare providers offer support in over 240 languages.

Services provided include:

- **TalkNow** – 24/7, on-demand emotional support.
- **Scheduled counseling** – select the day, time and mental health provider of your choice (9 visits per year).
NOTE: only accessible to students currently located within the United States.
- **Psychiatry** – evaluation and medication management, available upon referral from CMHC only.
NOTE: only accessible to students currently located within the United States.
- **Health coaching** – support for developing healthy behaviors.
- **Self-care content** – yoga and meditation sessions and group conversations on a variety of health and well-being topics.



timelycare.com/utexas



TimelyCare is provided by a 3rd party partnership. Students must access TimelyCare through their UT Austin email address. Personal email addresses outside of UT, including Gmail addresses, are not permitted.

