



## DialCare® Mental Wellness

### Let's talk about mental health.

DialCare Mental Wellness is a safe, secure and private way for graduate students and staff to seek help from state-licensed mental health professionals via virtual and telephonic counseling sessions.

Our mental health professionals work with a number of conditions, and consultations are available in both English and Spanish.

### Our mental health professionals work with conditions such as:

- Depression
- Stress
- Eating disorders
- Addiction
- Relationship problems
- Anxiety
- Grief
- And more



You can reach mental health professionals within our network via phone or video chat.



You can schedule an appointment between 7 a.m. and 10 p.m., seven days a week.



Upon availability, you may request the same mental health professional you previously consulted with.

**DialCare**  
MENTAL WELLNESS



## How It Works

1.

You can schedule an appointment by app, website or phone.

2.

Our mental health professionals will reach out to you via phone or video chat at the scheduled appointment time.

3.

Appointments can last for 30 minutes.



**Mental health matters.  
Let's talk about it.**  
**DialCare can help.**



**Download the app now to  
schedule an appointment.**

*If you do not have a QR code reader, there are many free apps available for download. Simply download a free QR code reader app and use your smart phone's camera to scan it.*



**For more information**

**(844) 249-4094  
www.dialcare.com**

## Did You Know?

Estimates say about  
**39%** of graduate  
students suffer from  
depression due to  
high stress and feeling  
overwhelmed.<sup>1</sup>

Graduate student's  
risk of anxiety and  
depression is more than  
**six times higher**  
than that of the  
general public.<sup>1</sup>

**19%** of counseling  
center directors believe  
that the availability of  
psychiatric resources  
on campus is  
inadequate to meet  
students needs.<sup>2</sup>

Sources:

<sup>1</sup><https://www.gograd.org/resources/grad-student-mental-health/#:~:text=Estimates%20say%20about%2036%20percent%20of%20all%20college,over%207%20percent%20of%20them%20had%20suicidal%20thoughts.>

<sup>2</sup>[https://www.apa.org/monitor/2013/06/college-students.](https://www.apa.org/monitor/2013/06/college-students)

**Disclosure: THIS PLAN IS NOT INSURANCE and is not  
intended to replace health insurance.**

State restrictions list is available at [dialcare.com/states](http://dialcare.com/states).