



Hudson is Home!

We're here for **U**
when you need
someone to talk to



Student Mental Health & Wellness



Students receive

FREE IMMEDIATE ACCESS TO A THERAPIST

Choose a therapist based on your preferences
gender, language, ethnicity, focus area

at a time that fits your schedule
day, night, weekend availability by video, phone, chat, or message

Private. Secure. Confidential.

Experiencing a mental health crisis?
Help is available 24/7/365

833.646.1526

If you are experiencing a medical emergency call 911.



Scan QR code to get started
using your school email