

Welcome to Mantra Health

Mantra Health is designed to offer University of Wisconsin students quality virtual mental health care at your convenience.

Our providers believe in using an overall wellness approach, which means we aim to improve how you feel through therapy and medication management, if needed. Also, since Mantra Health is offered by your school, you will receive **free** sessions through the school.



What's next?

- 1 Check your school email for an invite from Mantra Health to complete your account setup.
- 2 Fill out the Medical History Form (takes about 10 minutes). Be sure to do this before your appointment!
- 3 Take a selfie – this is so your provider can confirm it's you on the video call.
- 4 If you haven't already, schedule an appointment with a provider through your Mantra Patient Portal.
- 5 Join your first call with your new provider through the Mantra Patient Portal.

What to expect:

- ✓ **Video calls** with your provider, an expert in treating mental health conditions, through your Mantra Patient Portal.
- ✓ **Seamless communication** with your provider through our messaging system. Unlike texting, you can talk about anything, and it's secure.
- ✓ Prompts to **track your progress monthly** to make sure your treatment plan is helping you feel better.
- ✓ If medication is recommended, you will receive a **personalized prescription** with educational FAQs to help you better understand your medication regimen.
- ✓ Mantra Health **may coordinate** with your on campus team, if needed to deliver even more thorough care.

Questions?

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