

What is TimelyCare?

TimelyCare is a **virtual mental health and well-being platform** available 24/7 for students online and via an app.

Who can use TimelyCare?

Any currently enrolled USF student can use TimelyCare.

How do I log in?

Go to timelycare.com/usf or download the TimelyCare app to access care.

How much does a visit cost?

There is no cost to currently enrolled USF students.

I already have insurance. How does TimelyCare benefit me?

With TimelyCare, you will have free, 24/7 access to mental health providers from anywhere in the United States, regardless of your insurance status. So, you'll never have to spend time or money looking for care, whether you're on or off campus.

What can I be treated for?

TimelyCare's mental health providers can offer support for a wide range of common concerns and, after talking to you, will decide on the best course of treatment.

What services are available?

- **TalkNow:** 24/7, on-demand emotional support to talk about anything, including anxiety, relationships, depression, and school-related stressors.
- **Scheduled Counseling:** Choose the day, time, and mental health provider that works best for you.
- **Health Coaching:** Develop healthy lifestyle behaviors for nutrition, sleep habits, time management, and mindfulness.
- **Self-Care Content:** Visit the Explore page within TimelyCare for guided self-care content.

Are on-campus mental health services still available?

TimelyCare is not replacing on-campus services but rather supplementing what is offered with the added benefit of convenience.

Students are encouraged to utilize campus based services. Visit usf.edu/student-affairs/counselingcenter/about-us/contact-us.aspx for contact info for all campuses.



It's for Students.

FOR FREE.

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