

## [ costs and eligibility ]

Full-time students on the Hilltop Campus are eligible for up to 15 sessions with a counselor per academic year. Partners who do not have the Student Health insurance are not eligible for services. The first eight counseling sessions are provided free of charge. Beyond the eighth counseling session, there is a small fee for each session. The Student Health insurance covers a majority of the cost, with the remainder to be paid at the time of each session. Please visit [shs.wustl.edu](http://shs.wustl.edu) for a fee schedule.

There are no appointment limits to consult with a psychiatrist. There is a charge for all psychiatry appointments. Again, the Student Health insurance will cover a majority of the cost with the remaining balance to be paid at the time services are provided.

Appointments for both counseling and psychiatry that are missed or not canceled 24 hours in advance will result in a \$20 fee.

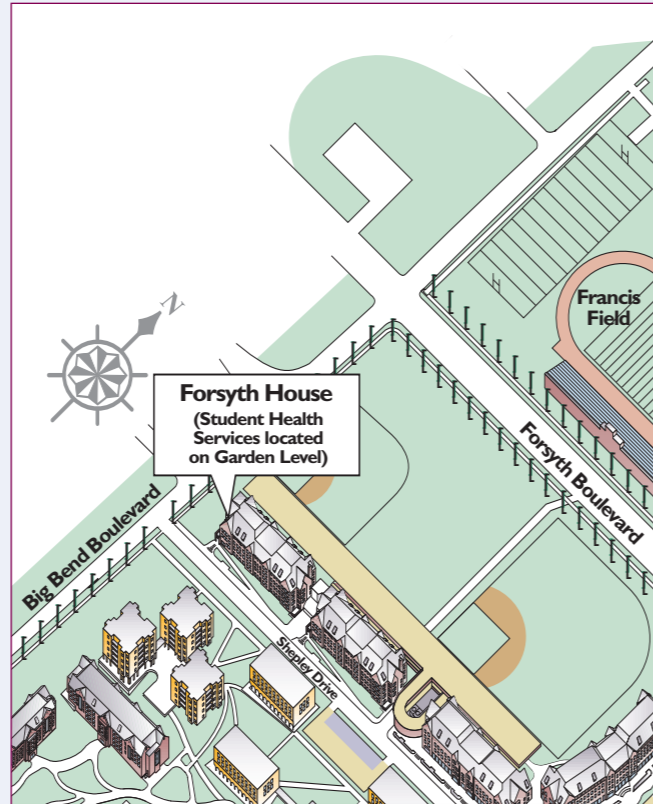
## getting started

It is generally possible to see a mental health professional soon after calling. In an emergency, a student will be seen the same day a request is made. To arrange to see someone or to find out about the programs offered, call 935-6666 or come to Student Health Services. Regular office hours are 8:30 am-6:00 pm.

## accessibility



All facilities are accessible.

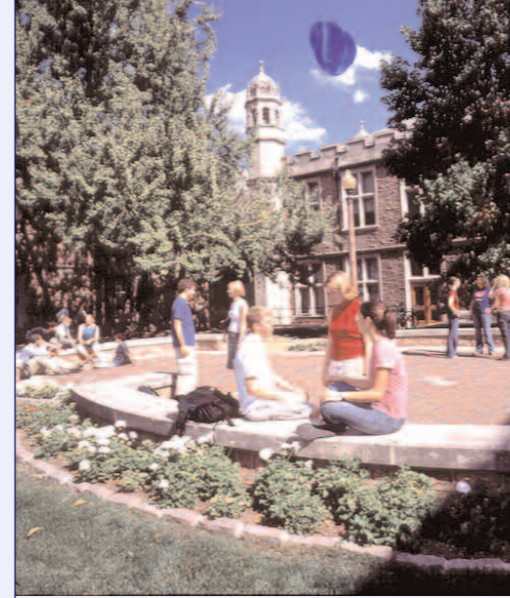


**Student Health Services**  
(314) 935-6666  
[shs.wustl.edu](http://shs.wustl.edu)



Brochure design by Nyla Batts, BFA '05

## STUDENT HEALTH SERVICES



mental health  
mental health services  
services

## [ common concerns ]

At moments, all of us find ourselves thinking: "I can't cope" or "I wish I had someone to talk with who understands what I am going through." These feelings are not unusual.

Many students experience times when they are puzzled or concerned about themselves or their life situations. They may:

- have trouble finding, getting along in, or losing a close relationship
- feel isolated or alienated, wanting to belong
- have strong feelings, such as depression or anxiety, that keep them from doing what they need or want to do
- question or need to explore their sexual/cultural identity
- wonder if a physical problem could be affecting their mood
- worry about how they eat
- have trouble with people in their family
- question whether taking medication could be helpful
- have lost someone or something that is hard to accept



# mental health services

**Mental Health Services is here to help students with their personal concerns. Students who consult Mental Health Services will find a variety of services available.**

**“ Counseling helped me to sort through my problems and realize what I needed to do for myself. ”**

## assessment & referral

■ In a first meeting, counselors give particular attention to helping students explore their situations and determine what resources would be most helpful. Staff members stay informed of appropriate referrals and make every effort to help students contact them.

**“ My counselor was a great listener and could relate well to my difficulties. ”**

## individual counseling

■ Students may work privately with a counselor for a limited number of meetings. They discuss such issues as personal feelings or relationships with others and develop new ways to understand and deal with those issues.

## couples counseling

■ When problems center on how couples are (or are not) getting along, work with a counselor may help develop new ways of relating to each other. Services are available to full-time students and their significant others.

**“ The service has a lot to offer. Counseling has made a real difference in my life. ”**

## crisis counseling

■ People sometimes face disturbing situations in which they feel they have little or no control. These might include a death, a major loss, or a drastic change of life direction. At times like these, talking with a counselor may help restore some balance and keep the matter from seriously affecting other parts of a person's life.

**“ I feel much more in control of the parts of my life that I formerly felt in crisis about. ”**

## special programs

■ Mental Health Services offers special programs and workshops about ways to deal with personal issues as well as how to grow and develop more productively. A blend of



information and practice, these special offerings may focus on such issues as stress management, eating concerns, sexuality, assertiveness, and a variety of others.

Some programs are presented to the campus at large. Others are designed or presented at the request of student groups on campus, such as residence halls, fraternities and sororities, or classes. Interested groups should contact Mental Health Services to discuss the possibilities for programming.

## consultation

■ Mental Health Services staff members provide training and consultation to various

student organizations such as Uncle Joe's, Reflections, SARAH, Safe Zones, and CORE. They also assist with training of faculty and staff who deal extensively with students.

Students, staff, and faculty who have concerns about the well-being of others may contact Mental Health Services. They may talk to a counselor in order to understand the situation more clearly or to work out constructive ways to respond.

## psychiatry services

■ Psychiatrists are medical doctors who specialize in the diagnosis and treatment of mood, anxiety, and learning disorders. Physical conditions may often mimic psychiatric disorders. If this is suspected, our psychiatrists will confer with medical staff and provide comprehensive care to the student. Counselors and psychiatrists work together and communicate openly about a student's best possible care. Medications are prescribed when indicated and are monitored carefully.

## professional staff

The staff is made up of psychologists, psychiatrists, social workers, professional counselors, and carefully selected advanced graduate students who have particular training and experience in working with university students. The staff is committed to the growth and personal development of each student within the University community who seeks assistance.

**“ My psychiatrist was very personable and understanding. ”**

## confidentiality

■ All counseling and consultative services of Mental Health Services, and its records, are held confidential within the office. Without permission of the student, these records are not available to people outside or within the University. Exceptions would occur only in life-threatening situations or under appropriate court order.

**“ I feel the staff is genuinely concerned for students. ”**