

## IDENTIFYING HEALTH SERVICES ON CAMPUS

- Where is the health center on campus? What are the health center's hours?
- How do I make an appointment?
- Can I see a specialist at the health center?
- How much does it cost to go to the health center?
- What if I need a referral to an outside provider? Can the health center help?
- Can I continue to get healthcare over breaks and during the summer?

## IDENTIFYING MENTAL HEALTH SERVICES ON CAMPUS

- Where is the counseling center on campus? What are the counseling center's hours?
- How do I make an appointment?
- Is there a wait time to get an appointment?
- How many sessions can I have at the counseling center?
- Are there any services that the counseling center does not provide?
- How much does it cost to go to the counseling center?
- What if I need a referral to an outside provider? Can the counseling center help?
- Can I continue to get counseling over breaks and during the summer?
- For more information: <https://www.settogo.org/card-stack/getting-health-and-mental-health-care-on-campus/>

## ACCESSING & TRANSITIONING CARE

If you have a diagnosed mental health or other health condition for which you receive care currently, you'll need to think about the following before you arrive on campus:

- Should I receive care on-campus or off-campus or continue with my provider from home?
- How will a new provider get pertinent information from my current provider?
- Will I see my current provider when I come home on breaks and/or during the summer?

- If I take medication, how will I access it on campus? Is there a student pharmacy or do I need to go to a commercial pharmacy like CVS? How much do my prescriptions cost and how will I pay for them?
- Will I be covered by health insurance when I'm at school? What will my co-pays be and how will I pay them? Are the services I need covered by insurance?

For more information: [https://www.settogo.org/transition-care-guide-pdf/#ppsShowPopUp\\_106](https://www.settogo.org/transition-care-guide-pdf/#ppsShowPopUp_106)

## INFORMATION PRIVACY

When a student turns 18:

- Information about your student's medical care, including care received at the school's health and counseling centers, and academic information is private
- There are some exceptions to that, which you can read about in the JED/NAMI "Starting the Conversation" guide (link below)

We recommend:

- Over the summer before your student starts college, review the JED/NAMI guide and have a conversation about it with your student
- JED/NAMI guide: [https://www.settogo.org/starting-the-conversation-college-and-your-students-mental-health/#ppsShowPopUp\\_108](https://www.settogo.org/starting-the-conversation-college-and-your-students-mental-health/#ppsShowPopUp_108)

## WHAT TO DO IF YOU OR SOMEONE YOU KNOW IS STRUGGLING EMOTIONALLY

- Call the campus counseling or health center
- Request a confidential conversation with your resident advisor if you are in a campus residence hall
- Talk with the dean of student affairs, peer support specialist, or campus chaplain
- Request a confidential conversation with your academic advisor or a faculty member
- If you or someone you know is experiencing suicidal thoughts, seek help immediately by calling
  - **The National Suicide Prevention Lifeline (800-273-8255) or**
  - by texting the **Crisis Text Line at 741741**