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/transi-tion-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

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