

## Commonly Asked Questions

### What percentage of the undergraduate student population seeks mental health counseling at Yale Health?

One-half of all undergraduates obtains mental health counseling from Yale Health at some point during their four years at Yale.

### Does Yale Health Basic Coverage (provided as part of my tuition) cover the services of Yale Health's Mental Health & Counseling Department?

Yes. Every enrolled, full-time Yale student can access the services of Mental Health & Counseling free of charge regardless of his or her insurance plan.

### What if I feel my therapist is not a good match for me?

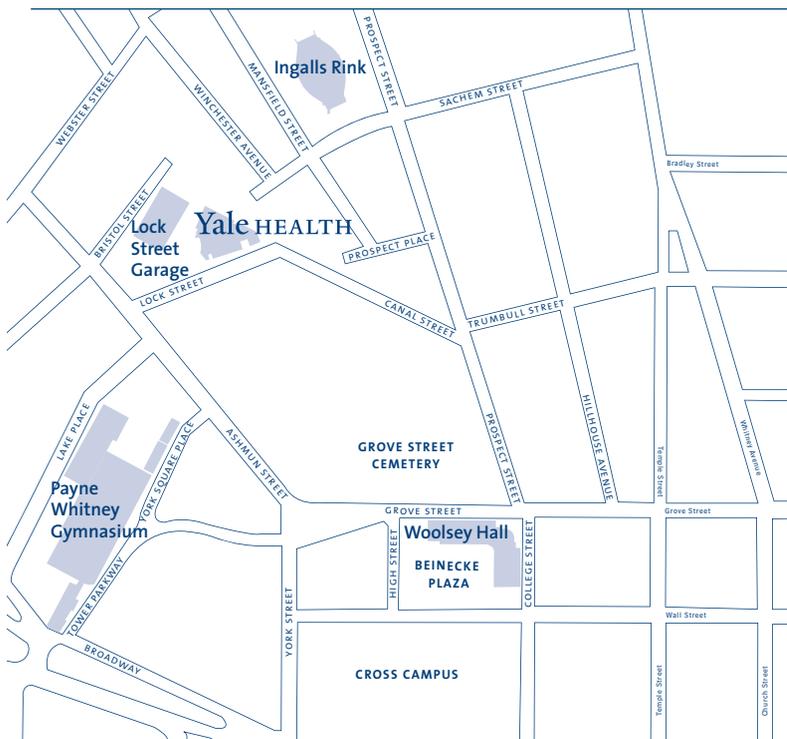
You may ask to change therapists.

### Where is Mental Health & Counseling located?

At the Yale Health Center, 55 Lock Street, on the third floor.



Information discussed with a mental health counselor is held in the strictest confidence.



# Yale HEALTH

[yalehealth.yale.edu](http://yalehealth.yale.edu)

# Student Guide to Mental Health & Counseling

# Yale HEALTH

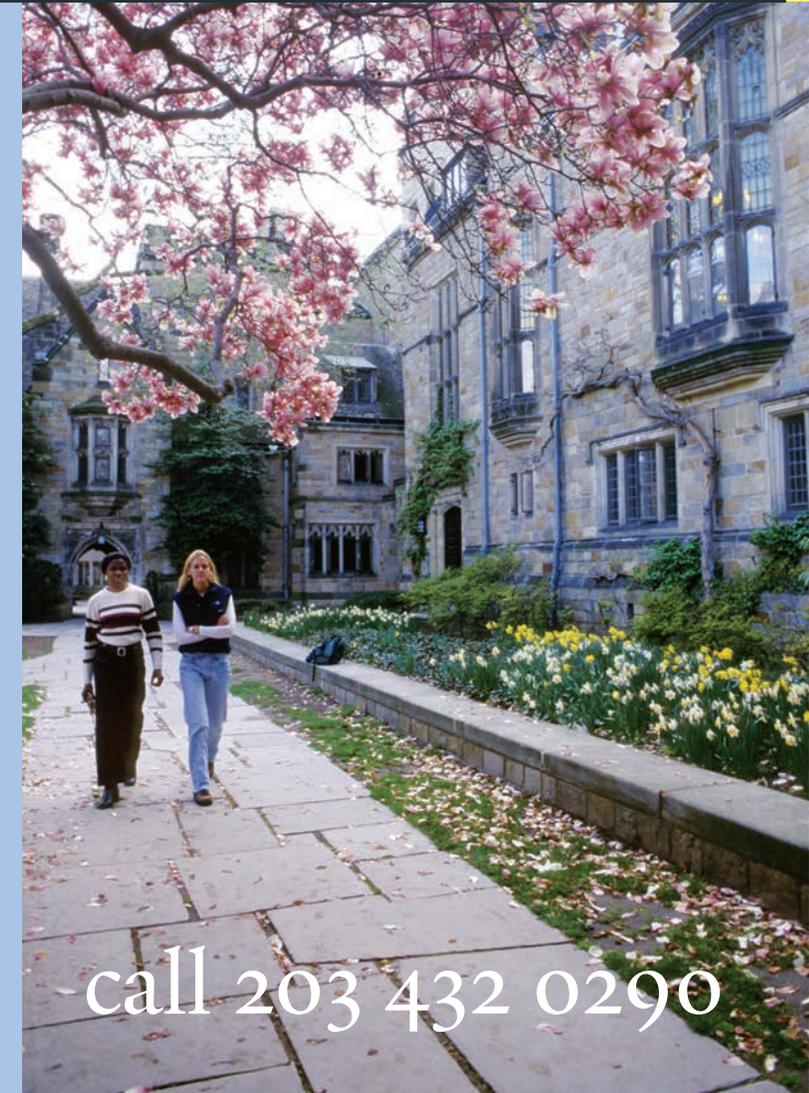
**Yale Health**  
Mental Health & Counseling  
55 Lock Street  
P.O. Box 208237  
New Haven, CT 06520-8237

203 432 0290  
Monday through Friday  
8:30am – 5:00pm

After hours and on weekends,  
emergency care is available  
through the Acute Care  
Department 203 432 0123

**SHARE Center**  
203 432 2000

[yalehealth.yale.edu](http://yalehealth.yale.edu)



call 203 432 0290

## About Mental Health & Counseling

The Mental Health & Counseling Department at Yale Health is committed to providing care for the mental health concerns of undergraduate, graduate and professional school students. There is a diverse staff of mental health professionals including psychiatrists, clinical psychologists and clinical social workers.

**+** Every enrolled student is eligible for services, as are those spouses and civil union partners who are Yale Health members.

There is no cost for these services. Strict standards of confidentiality are always maintained. The offices are located on the third floor of the Yale Health Center.

### THE FIRST VISIT

Appointments for an initial consultation can be made by phone (203 432 0290) or in person, Monday through Friday, 8:30 am–5:00 pm. Appointment times for the initial visit are generally available within two or three days, and can be set up the same day in urgent situations. During the initial consultation, you can discuss your concerns and treatment options with a mental health professional.

### WHAT COMES NEXT

If you decide to begin a course of treatment, you will be matched with a therapist who will contact you to set up the next appointment.

### EMERGENCY & AFTER HOURS CARE

**+** Care is available 24/7 throughout the entire year.

Mental health professionals are available 24/7 for emergency and urgent situations. Monday through Friday from 8:30 am–5:00 pm call 203 432 0290 or come into the clinic in person. Evenings after 5:00 pm, weekends, and holidays call 203 432 0123 or come into Acute Care and ask for the Mental Health & Counseling clinician on call.

## Services

### INDIVIDUAL THERAPY

Individual therapy consists of weekly one-on-one sessions. Each therapy session is usually 45 minutes long. The therapy is short-term and planned on an individual basis.

### COUPLES THERAPY

Couples therapy is available for student couples provided that both partners are Yale Health members covered under the student plan.

### GROUP THERAPY

Group therapy is an opportunity to meet with four to six other students with a therapist to share and discuss concerns in a confidential, safe environment. Groups meet once a week.

### MEDICATION

Medication is prescribed when appropriate in the context of ongoing treatment.

Students seek counseling for many different reasons, including:

academic stress	loss and grief
adjustment difficulties	obsessions
alcohol/drug use	parental divorce
anxiety	relationships: family friends
body image issues	romantic roommates
competition concerns	self-esteem issues
compulsions	sexual concerns
depression	sexual orientation and identity
eating concerns	traumatic experiences
family or personal illness	
gay/lesbian/bisexual/ transgender issues	

## Confidentiality

Everything discussed with a mental health clinician is held in strictest confidence and is not communicated to anyone without your permission, except in the rare instance of a life-threatening situation.

## Online Screenings

Yale Health offers free anonymous and confidential online screenings to all Yale students. Available screenings include:

- depression
- anxiety
- eating disorders
- alcohol misuse
- post-traumatic stress disorder

To access the screening, visit [yalehealth.yale.edu/mentalhealth](http://yalehealth.yale.edu/mentalhealth)

## SHARE Center

### SEXUAL HARASSMENT & ASSAULT RESPONSE AND EDUCATION

SHARE is here to help students who have experienced sexual assault, intimate partner violence, harassment, abuse, or any other form of sexual misconduct. Some students call the hotline just once, while others follow up with individual or group counseling. SHARE's professional staff can facilitate any actions a survivor wishes to take: seeking medical treatment, pursuing informal remedies, filing a disciplinary complaint, and/or making a police report.

**+** If you want to talk with a counselor right away call our 24-hour hotline (203 432 2000). For other questions or to make an appointment, call our office, Monday through Friday, 8:30 am — 5:00 pm (203 432 6653). We are here to help.

The SHARE Center is located on the lower level of the Yale Health Center.

For more information and resources, visit [sharecenter.yale.edu](http://sharecenter.yale.edu).

# call 203 432 0290