

Accessing Mental Health Resources

This playbook details the process by which a college student can identify and access mental health resources on campus. It outlines the steps necessary to locate and utilize such services to maintain or improve mental well-being.

Step 1: **Research Options**

Investigate the different mental health resources offered by your college. This may include counseling centers, peer support groups, workshops, emergency hotlines, or referral services. You can often find information on your college's website, by asking student services, or checking bulletin boards around campus.

Step 2: **Review Services**

Gather details on each available service. Pay attention to the types of services (individual counseling, group therapy, etc.), hours of operation, location, cost if any, and confidentiality policies. This will help you determine what best fits your needs.

Step 3: **Contact Services**

Reach out to the mental health resources that align with your preferences. You can usually do this by phone, email, or in-person visits. Set up an initial consultation if possible to further discuss what support they can offer.

Step 4: **Schedule Appointment**

If the service offers individual sessions, schedule an appointment. Ensure the chosen time does not conflict with your class schedule or other obligations.

Step 5: **Prepare for Visit**

Before your first visit, prepare any necessary documentation that may be needed, such as your student ID, health insurance information, and a history of your mental health concerns. Writing down questions and concerns you want to address can also be beneficial.

Step 6: **Attend Sessions**

Show up for your scheduled appointments. It's important to arrive on time and be open with the mental health professional to get the most out of your sessions.

Step 7: **Assess Fit**

After your visit, evaluate how comfortable you felt with the service provided. If it doesn't seem like a good match, don't hesitate to seek out other resources or ask for a referral to a different professional or service.

Step 8: **Engage Continuously**

Regularly attend sessions and actively participate in any additional programs or activities that support your mental health needs. Mental wellness is an ongoing process, so continuous engagement is key for effective support.

Step 9: **Seek Support**

In case of without immediate crises, leverage peer support networks, engage in stress-relief activities, and maintain open communication with your support systems, including friends, family, and mentors.

General Notes

Confidentiality

Remember that mental health services on campus are typically bound by confidentiality agreements. Your discussions and records should be kept private, in accordance with legal and ethical guidelines.

Emergency Services

Be aware that most campuses offer some form of emergency mental health support. Familiarize yourself with these options in case you or someone you know needs immediate assistance.

Insurance Coverage

Investigate whether your health insurance covers mental health services and if the college resources accept your insurance. This could significantly reduce any costs associated with obtaining support.

Well-being Maintenance

Even if you don't feel like you currently need mental health services, understanding what resources are available can be beneficial in case your situation changes or if you need to help a friend.