

Students - if you have a history of mental health issues, please research counseling services on campus. See the following resources below...

Researching College Mental Health Resources Checklist*:

Directions: *Any students who have experienced mental health challenges and had outside support - and are going to college - look into the items on this checklist before finalizing your plans:*

Checklist Items:

1. Does the college / university have a counseling center?
 1. Yes
 2. No
2. If yes, which services are available on campus?
 1. Counseling / psychotherapy
 2. Academic / career counseling
 3. Group therapy
 4. Psycho-educational groups
 5. Online, email or chat services
3. Is the counseling service accredited?
 1. Yes
 2. No
4. If yes, which body accredits it?
 1. International Association of Counseling Services (IACS)
 2. Joint Commission Accreditation (JCAHO)
 3. Other
5. What kinds of professionals staff the counseling center? (Select all that apply)
 1. Interns
 2. Master's level trainees
 3. Post-doctoral fellows
 4. Psychiatric residents
6. Is there access to a psychiatric medication prescriber / management on campus?
 1. Yes
 2. No
7. If yes, where is this provided?
 1. At the health service
 2. At the counseling service
 3. At the university medical center
 4. Through referral to a community psychiatrist
 5. Telepsychiatry
 6. Other:
8. Are there clinical services available outside of regular "business hours"?
 1. Yes
 2. No

9. Does the campus have mental health services available after hours/for emergencies? Check all that apply.
 1. Yes, the school has on-campus after-hours / emergency services.
 2. The school promotes a community resource or hotline for after-hours emergencies.
 3. The school promotes a national hotline / text service for after-hours emergencies.
 4. Other
10. How many "clicks" from the university homepage to reach the following websites?
 1. Counseling Center
 1. 1-2
 2. 3-4
 3. More than 4
 4. Cannot be accessed from the homepage
 2. Health Center
 1. 1-2
 2. 3-4
 3. More than 4
 4. Cannot be accessed from the homepage
 3. Health Promotion / Wellness Center
 1. 1-2
 2. 3-4
 3. More than 4
 4. Cannot be accessed from the homepage
11. Does the school have a peer counseling program?
 1. Yes
 2. No
12. Does the school counseling center have linkages to community providers?
 1. Yes
 2. No
13. Does the school have an unlimited number of counseling sessions?
 1. Yes
 2. No
14. Does the school maintain an updated list of available community providers?
 1. Yes
 2. No
15. Does the school have information about insurance plans accepted by community providers?
 1. Yes
 2. No

***Note on Checklist Results:**
