

Important Information Regarding Your Mental Health Care

The increase of emotional problems and mental disorders occurring among college students on campuses has been well documented. With the recent tragedies at Virginia Tech and Northern Illinois University, there is more national attention on these issues than ever. More frequently, students arrive on campus needing some type of psychological or psychiatric assistance. With this in mind, we want to provide you with some ways to help you get ready to start your college experience should you need mental health services.

Our Counseling Services and Student Health Center provide services to over 30,000 students. With these numbers we are only able to offer short term care. Unfortunately we are unable to operate as primary care providers when long term care is necessary. We believe it is important to advise you of the scope of our services before you arrive on campus.

If you have a history of mental health issues, the best strategy for success at SJSU is to develop a plan for psychological care *prior* to arrival on campus. Our recommendations are:

- ◆ Check with your current health care provider for their approved list of mental health care professionals in the San José area who are accepting new clients/patients. Schedule an appointment for an initial visit within the first couple of weeks of arriving in San José. Some set up an appointment during the “move in period” and have family members attend the meeting to administer the insurance and payment details.
- ◆ Please complete your emergency information card with clear information regarding diagnosis, medications, allergies, health care providers’ contact information, and insurance policy information. It is also critical to make sure the emergency contact information is current and updated throughout the year on MySJSU.
- ◆ If you are taking medications, remember there is a transition period for finding a new physician and pharmacy which accepts your insurance plan. Work in cooperation with the treating physician to make sure you have an adequate supply of medication to make it through the “transition period”.
- ◆ Formulate a strategy or routine for taking your medications regularly and in their proper dosage. This is often a problem for students as they adjust to their new schedule and learn to navigate the numerous distractions of on-campus life. Some students have setbacks in managing their illnesses by forgetting their medications or electing not to take them.

These suggestions are provided as a guideline that we hope is useful to you. If you require additional information about the types of mental health services available to you, please feel free to review the following websites:

- ◆ Counseling Services: <http://www.sa.sjsu.edu/counseling>
- ◆ Student Health Services: http://sa.sjsu.edu/student_health
- ◆ University Housing Services: http://www.housing.sjsu.edu/0_student_resources.html

We hope your student has a successful academic year.

Sincerely,

Martín Castillo
Interim Director
University Housing Services

Roger Elrod
Director
Student Health Center

Terri B. Thames
Interim Director
Counseling Services

