

Navigating Your Mental Health While in College

Here is a script you can use to either call or send an email to a potential psychiatrist. You typically find the number to call on the back of your health insurance card. You say the parts in **blue** and **red**. If you feel nervous calling, **write out the red parts prior to making the call**.

Have your insurance card (or a copy of it) in front of you as you call!!! You also might want to have pen and paper handy to write down their responses!

Hello. My name is (State/write out your name.)

I am calling to schedule an appointment with Dr. (State/write out doctor's name.)

My health insurance plan is (State/write out the name of your insurance.)

I am interested in seeing Dr. to discuss:

(Briefly state why: my therapist recommends I see you, I have been feeling anxious or depressed, I want to explore medication management, etc.)

If sending an email or leaving a voicemail say:

Please let me know next steps. I can be reached at
(Slowly state your phone number and your email address.)

Thank you, I look forward to hearing back from you.