

Navigating Your Mental Health While in College

Here is a script you can use to call your college counseling center. Search the name of your college/university and “counseling services” or “counseling center”. You say the parts in blue and red. If you feel nervous calling, write out the red parts prior to making the call.

You might want to have pen and paper handy to write down their responses! * Please note some centers prefer that you first fill out a form online to get connected rather than calling.

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

I am interested in starting therapy. I was wondering how I go about making an appointment?

Other questions include:

- Is there a wait list?
- Are there any session fees?
- Are there session limits?
- Will my health insurance be used?
- Is this in-person or online?
- Do you have psychiatry services?
- Do you have groups?

You might have to answer a few questions about why you want therapy and if you are in crisis or not.

If you need to leave a message, state your:

Name, student ID, date of birth, call back number

SPEAK SLOWLY!