

WHAT TO EXPECT

from Mental Health Services with Student Health Services

Scheduling an appointment:

To schedule an appointment, call Student Health at 573.341.4284 and state you'd like to schedule a mental health assessment and staff will assist you from there. After this, you will need to fill out forms on your Patient Portal. All appointments and client information are confidential and protected by HIPAA federal law.

During an appointment:

You will check in at the front desk, and be taken back by one of Student Health's Nurses or Health Care Providers. Once there, you will be asked a series of questions related to your mental health and symptoms you're experiencing. After, you and the provider together will determine what treatments may be beneficial. This can be as simple as lifestyle modifications (sleep hygiene, physical activity, etc.) or involve treatment with medications.

After an appointment:

Student Health will assist with medication management for students with a diagnosis. Depending on need, you may be referred to other campus services, such as counseling with Student Well-Being or care management services through Student Support and Community Standards.

Learn more about mental health services:
studenthealth.mst.edu/mentalhealth