## Welcome Class of 2028

Stone Center Counseling Service Information for Class of 2028 & Incoming Students

Individual Counseling Appointments: The Stone Center offers free, time-limited services, which varies with the needs presented. Students may come and go as support is needed during their time at the college. Our <u>Student Portal</u> is used to schedule appointments with counselors throughout the year. For Fall 2024, students can log in as of Monday, Aug 26th to book appointments starting on **Wednesday, September 4th** and thereafter.

**Medication Management:** For students who have been taking or need to consider taking prescription medication, the Stone Center can work collaboratively with a prescriber, either on or off campus. All students are *required* to meet first with one of our counselors (scheduled via the <u>Student Portal</u>). The counselor will then help schedule a Medication Evaluation which will consist of meeting with the psychiatrist or psychiatric nurse practitioner where there will be discussion around the issues that brought the student to the Counseling Center, as well as the symptoms that the student is experiencing.

For students currently taking prescription medication, it's best to come to campus with a 90-day supply as we cannot guarantee immediate refills, thus many students are referred off campus when possible. Students will be asked share medication records and/or neuropsychological testing records to streamline ease of continuing treatment. Students will need to schedule an initial intake appointment with one of our counselors on the <u>Student Portal</u> and we can work collaboratively with a prescriber, either on or off campus

## Students seeking referrals for ongoing, off-campus providers

For students seeking regular weekly appointments or specialized treatment, our Student Care Coordinator can assist with a referral for an off-campus provider. Our Student Care Coordinator will meet with the student to understand their clinical needs, provider preferences, logistics related to scheduling, transportation etc. and will then provide resources to access care with a community provider. They will also schedule check-in appointments until a full transition is made to a community provider. Appointments with our Student Care Coordinator will be available on the <a href="Student Portal">Student Portal</a> beginning Monday August 19th. It's best to have the Fall 2024 class schedule available prior to this meeting.

For students searching for outside provider resources, we do NOT have a list of preferred providers as students should have consultations with providers to determine if it is a good fit for them based on their preferences, resources, and circumstances. Students are encouraged to inquire about their behavioral health benefits for outpatient therapy and request a list of in-network providers in MA from their insurance company.

## **Additional Recommended Resources:**

**Thriving Campus,** an online search platform listing providers who have expertise working with college students. Access to **Thriving Campus** 

We invite students to explore our website to learn more about our team and our services! Follow this link to our <u>Useful Resources</u> page to view additional materials and tools for supporting your mental health and well-being.

\*For any questions, please email counseling@wellesley.edu or call (781) 283-2839 during Stone Center office hours, Monday - Friday 8:30am-4:30pm.