

## How to Manage your care.....

If you are coming to campus already under the care of a psychologist or psychiatrist, be assured that you are not alone. There are many students with these circumstances. We would like to acquaint you with some options about how to manage your care while attending Northwest.

One option is to maintain your current arrangements. This means that you would continue seeing your therapist at home and receive any medications from your personal physician.

A second option would be to transfer your primary care to Northwest. The **Health Center** has a physician who can prescribe anti-depressant and anti-anxiety medications and follow your progress from a medical standpoint. The **Counseling Center** has professional therapists and psychologists who may be able to provide your therapy. **Campus Dining** has a dietitian who can work with you on nutritional needs. The campus also has close referral ties with St. Francis Mental Health Services if students need in-patient care. Before making plans to transfer treatment, please contact one of the highlighted offices about our ability to provide the services you need.

The community of Maryville also has resources including psychologists, counselors, psychiatrists and nutritionists. If you choose to pursue community resources, we can assist you with names and referrals.

If you chose to transfer your care, there are several steps that will make things easier. They all involve good communication on your part.

1. Inform the Counseling Center (660-652-1220) or Health Center (660-562-1348) of your needs. The dietitian can be reached at 660-562-1252. Staff at these offices will want to talk with you to make sure we can provide the services you require.
2. We will request access to your previous records in order to provide the best continuity of care. Both the Health Center and Counseling Center have releases for you to sign or you can initiate the records release from your current provider.
3. Some students prefer to discontinue therapy when they get to campus. While we certainly can appreciate your desires, keep in mind that you will be encountering new stressors which could cause more problems. We recommend that you at least visit with either office so that **if** a crisis should arise, you will already be acquainted with us and it won't seem so overwhelming to come for assistance.
4. If you are at least 18 years of age in the state of Missouri, you are no longer considered a minor. Your treatment is confidential within legal guidelines.

The Health Center charges a nominal fee that can be billed to your account. Sessions at the Counseling Center are free. You are responsible for the cost of any medications. Resources in the community can be expected to charge the market rate for services.

We want you to have a successful and rewarding career at Northwest. We are here to help you make that happen.

*Compliments of the Counseling Center*