

# Understanding Mental Health Resources at Goucher College

**PSYCHOTHERAPY** provides a wonderful opportunity to ease the stress of transitions, increase self-awareness, improve how you feel, and develop skills to manage difficult life circumstances and uncomfortable emotions.

## GOUCHER COLLEGE COUNSELING CENTER SERVICES



**THE GOUCHER STUDENT COUNSELING CENTER OFFERS SHORT-TERM THERAPY** (typically 1-12 sessions) for undergraduate students. If you require long-term care (6 months or longer) or if you have attended ongoing therapy in the past, the Counseling Center will likely recommend that you establish a relationship with a provider in the community to ensure you have access to mental health treatment that is not limited during your time as an undergraduate student.

**IF YOU ARE JOINING THE GOUCHER COMMUNITY AS A NEW STUDENT**, consider what your needs may be as you make this transition. While often exciting, the transition to college is often stressful even under the best of circumstances. Stressors and transitions may worsen existing mental health concerns. If you have had the ongoing support of a counselor, psychologist, or psychiatrist in the past, you will likely benefit from continued treatment during the first semester. In these instances, it is recommended you establish a relationship with a provider in the community prior to your arrival at Goucher College. The JED Foundation—a non-profit organization dedicated to supporting the mental health of teens and emerging adults—offers a comprehensive guide on things to consider while transitioning to college which can be viewed [here](#).

## **Finding a Community Provider**

The Student Counseling Center offers two ways in which incoming students can proactively work to connect with a long-term community mental health provider if warranted. A Clinical Case Manager is available during the summer months before the start of the Fall Semester to aid in the search for a local provider. Incoming students may request a meeting with the Clinical Case Manager by completing a request form [here](#) or by calling (410) 337-6481.

**ALL INCOMING STUDENTS MAY ALSO ACCESS THE ONLINE PLATFORM WELLTRACK CONNECT.** This platform allows students to individually create and view customized searches of providers based on areas of expertise, insurance paneling, location, and identity factors. Students may also send providers whom they are interested in working with messages to begin the scheduling process. Students may sign-up to access this free platform [here](#). Additional public search engines that may be useful in your search include [PsychologyToday](#) and [Good Therapy](#).

There are many sources of high-quality mental health treatment including private practitioners (licensed counselors, social workers, psychologists, psychiatrists, and psychiatric nurse practitioners), community mental health clinics, and as well as larger health systems including Sheppard Pratt Health System in the Towson-area. To find a provider within walking distance of Goucher College, search the “21204” zip code.

If using your health insurance, it may be best to start by contacting your insurance provider (call “Member” # on back of card; there may be a separate number for Behavioral Health/Mental Health) or searching their online database of paneled mental health providers. Therapists who are not paneled by your insurance company are often able to submit necessary documentation to help you get reimbursed through “out-of-network” benefits.

**For more information on the Goucher College Student Counseling Center, please view the Counseling Center [website](#) and [FAQs \(frequently asked questions\)](#) section.**