

Dear Student,

The Mental Health Services staff at the Habif Health and Wellness Center look forward to your arrival and want to make your transition into college life as smooth as possible. The upcoming start of the academic year will be a time of significant transition. The transition to University life will bring with it many great experiences as well as great challenges which will occur both inside and outside the classroom. The strong academic program at Washington University is augmented with outstanding student support through a variety of departments in the Division of Student Affairs. We would like you to be aware of our resources should the need exist now or in the future.

Mental Health Services (MHS) at the Habif Health and Wellness Center, is part of the support provided through Student Affairs. To meet the needs of as many students as possible, MHS offers a range of services including consultation, workshops, group therapy, couples counseling, and individual counseling. Medication management is also provided to students who have been prescribed psychiatric medication. Please read more about our services at students.wustl.edu/mental-health-services.

Important Information for Students Wishing to Continue their Mental Health Care in St. Louis

If you currently benefit most from weekly therapy or longer term counseling beyond one semester, we recommend seeing a therapist in the St. Louis community to best meet these needs. If you are currently taking medication for a mental health related concern, please contact your prescribing provider prior to coming to campus to arrange for a method to continue that prescription while you are at school. If this is possible, most students find this arrangement is generally easier than switching providers. Follow-up visits can be scheduled in advance during break periods.

If you need help with transferring your mental health care, our Care Manager is available via phone or email to provide assistance. Please call (314) 935-6695 or send email to habifmentalhealth@wustl.edu with questions or to schedule a phone appointment with the Care Manager. We recommend that you contact us over the summer, prior to your arrival on campus. The excellent and adaptable “Transition of Care Guide” for transitioning mental health care from home to school can also be found at SetToGO.org in the “Tools” section of the website. In addition, there is a searchable database of therapists close to campus available at wustl.rints.com.

We look forward to helping your years at Washington University be healthy ones!

Sincerely,

A handwritten signature in black ink that reads "Tom Brounk". The signature is fluid and cursive, with the first name "Tom" and last name "Brounk" clearly legible.

Tom Brounk, Ph.D.
Director, Mental Health Services
(314) 935-6695