



OTHER CAMPUS RESOURCES

- [Office of Academic Enrichment](#): This office offers a variety of services to help you improve your academic situation, including tutoring and workshops on topics related to study and test taking skills.
- The Jed Foundation's [Set to Go Program](#): offers assistance with the transition from high school to college.

Visit our [Resources](#) page for:

- “What is my role as a friend of someone in need?”
- 6 Self-Care Activities for Broke College Students
- Information about mental health and eating disorders
- Resources for managing mood, stress, and anxiety
- Underrepresented student resources

sites.udel.edu/counseling/resources

YOU'RE HEADED TO UD!

You're heading off to the University of Delaware. It's an exciting time with opportunities to make new friends, find new interests and gain new skills!

While starting college represents a fresh start in many respects, it also poses new challenges. This brochure is intended for incoming students who have a history of mental health concerns or prior treatment, regardless of how well things are going now.

Center for Counseling
& Student Development

udel.edu/counseling

MANAGING YOUR MENTAL HEALTH AT UD

ANTICIPATING YOUR TREATMENT NEEDS

You're embarking on a major life transition that may have an impact on your treatment needs.

This is an opportunity to make a fresh start, to do things differently based on all that you have learned. Coping with the changes can be even tougher when you're away from the people who typically provide support and encouragement to you. Unfortunately, you may also get the chance to see how your problems can resurface in new ways. Here are a few examples.

New challenges for those recovering from mood disorders:

It can take a lot to fight depression, and in college you'll need to take over most of what had been done by parents and teachers. You'll need to make sure you get on a healthy sleep schedule, that you make it to class, and that you keep up with your schoolwork even when nothing is due for several weeks.

New challenges for those recovering from eating disorders:

In college, much about your eating environment will be different. You'll have access to large quantities of a large variety of foods, with less control over the way they're prepared. You'll spend more time eating with friends and strangers. You will also have to adjust to new routines and balance different responsibilities.

New challenges for those recovering from anxiety disorders:

The unfamiliar can be especially challenging for many people who have anxiety. Making new friends, engaging in new activities, and going to new places or events can all be anxiety provoking.

CCSD SCOPE OF SERVICES

CCSD is not able to meet all of the mental health needs of all UD students.

We strive to serve as many students as possible by limiting the scope of our services. We prioritize access for unanticipated crises. We understand that some students have very limited financial resources; we attempt to decrease barriers to accessing mental health care.

What we do:

- Provide 24-7-365 access to the UD Helpline, staffed by licensed mental health professionals and accessible via phone call to 302-831-1001
- Provide walk-in [crisis services](#) each working day
- Provide to any student an assessment of current concerns and professional recommendations for next steps
- Provide culturally responsive services
- Recognize that UD students come from diverse backgrounds with different experiences and different resources
- Offer a variety of therapy groups each semester, including brief coping skills groups
- Offer short term (less than one semester) individual therapy to students whose needs are a good fit for our services
- Provide personalized assistance with referrals to mental health resources in the local community
- Provide **limited** psychiatric services

We are typically not able to:

- Provide ongoing or longer term individual therapy to students
- Provide individual therapy sessions more than once weekly

OTHER CAMPUS RESOURCES

Familiarize yourself with available resources, preferably before you need them.

- [University of Delaware Health Insurance Plan for Students](#): You will be required to either purchase this plan or to sign a waiver indicating that you have insurance with at least the same level of coverage. As of 2019, the student health insurance has a \$20 copayment for outpatient therapy with no deductible. **Do not waive** the student insurance without making sure that your insurance will give you access to mental health treatment near campus, with similar coverage.
- [Office of the Dean of Students](#): If you don't know where to turn for help, start here. They are particularly helpful when you need to adjust your courseload or consider a medical leave of absence.
- [Transportation](#): There are some mental health treatment providers within walking distance of campus, but they may not take your insurance and they do fill up at times. UD provides bus transportation throughout the campus. Newark and Wilmington have limited bus service that may not efficiently get you to appointments off campus. As of 2019, Enterprise CarShare is available on campus, as are Uber and Lyft.
- [Disability Support Services](#): Mental health conditions can be disabling at times, and DSS arranges reasonable accommodations when they're needed. Consider registering with them even if you think you won't need them. You can register and not use their services, but if you're already registered it will be more efficient to begin using the services if a need arises.