

Yale Resources Available

- Yale Mental Health & Counseling
 - Individual Therapy
 - Group Therapy
 - Couples Therapy

- Crisis Resources
- Anonymous Online Screening
- Good Life Center

How to access Mental Health & Counseling at Yale

Call Yale Mental Health & Counseling 203-432-0290

~ 1 week (longer in Sep. & Oct.)

Intake consultation

Choose one or more of these services:-

- Individual Therapy
- Group Therapy
- Medication
- Couples Therapy*

*when both partners are Yale affiliate

You start sessions with your therapist of choice

While you wait:-

- A clinician is always available on call 24X7 for urgent situations (via Acute Care after hours)
- Access online self-help resources offered by Mental Health & Counseling

If you prefer to be referred to Magellan, you will need to call Magellan in order to receive a list of available clinicians from them.

Magellan can also help you find which therapist has the earliest appointment.

For individual therapy, you can choose between seeing a provider at Yale Health or being referred to Magellan. The other care options are only available at Yale Health.

Seeing a provider at Yale Health offers the convenience of an automatic process, though it can take between 1-6 weeks after the initial intake to be seen. (This range depends on the clinical needs and the time of the year)

Other Resources:-

~ 2 - 3

weeks



Crisis Resources

- 203-432-0290 -- Mental Health & Counselling | M-F 8am 5pm | After calling ask for the therapist on call
- 203-432-0123 -- Acute Care | After business hours and weekends | Ask for the mental health clinician on call



Yale Good Life Center

The GLC aims to to empower students with evidence-based skills for fostering mental physical, and social well-being, and to cultivate a campus culture that promotes wellness as a fundamental, accessible human right.

Anonymous Online Screening

assessment to help you guide your decision about seeking professional care.



Student Health Education

Free 1-on-1 health coaching for students who are looking to make positive lifestyle changes (sleep, time management, stress, physical activity, etc.) | 203-436-5464