

My Mental Health with Counseling and Psychological Services

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What We'll be Talking About Today

- Who is Counseling and Psychological Services?
- Who do we serve?
- How can I prioritize my mental health at Columbia?
- How do I know when to reach out?
- How do I make an appointment?
- What do I need to do if I need to talk about the care I'm getting?

Who is Counseling and Psychological Services?

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- Counseling and Psychological Services supports the psychological and emotional well-being of the Columbia community
- Team includes psychologists, social workers, psychiatrists, and health services assistants of diverse backgrounds and experiences
- Team is trained in topics such as trauma, body image, veterans, gender affirming care, first-generation, and more

Who do we serve?

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- Any currently registered student on the Morningside or Manhattanville campus, including Teachers College who have paid the full-time health and related-services fee
- Part-time students on the Columbia Student Health Insurance Plan

Students who have paid the full-time health and related services fee but are on a different health insurance plan can use Counseling and Psychological Services.

How can I prioritize my mental health at Columbia?

Coping with Stress

- Stress is a normal part of life
- Sometimes stress can become overwhelming

Self-care Strategies

- Talking to a friend
 - Meditation or deep breathing
 - Engaging in a creative outlet
 - Moving your body
 - Getting enough sleep
 - Taking a break
 - Lots of others!
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- Don't know where to start? Check out Alice! Health Promotion's Health Promotion Appointments or Health Education drop-ins

How do I know when to reach out?

Reaching Out for Additional Support

- If the self-care strategies aren't helping, CPS can help
- CPS offers:
 - Short-term individual counseling
 - Support groups
 - Drop-in hours
 - Psychiatric and medication management
 - Referrals for off-campus treatment

Short-Term Individual Counseling

- Opportunity to talk with a mental health professional regarding a variety of concerns
- Sessions last about 45 minutes
- There is no specific limit on the number of sessions you can have, but services are focused on short-term care

Support Groups

- Opportunity to share experiences and get support from your peers
- Topics may include anxiety management, mindfulness, eating concerns, trauma support, bereavement, identity, and improving romantic relationships
- Topics change each semester

Drop-in Hours

- Opportunity to see a CPS provider on the same day
- Urgent Mental Health Concerns
 - When you are experiencing high levels of distress
- Problem Solving
 - One-time conversation about concern impacting emotional well-being
- Offered on a first-come, first-served basis
- They are not intended to be a substitute for a traditional counseling session

Psychiatric and Medication Management

- Psychiatrists can help evaluate and prescribe medication as needed
- Whether or not you've been on medication before, a psychiatrist will need to do a thorough assessment and evaluation before prescribing
- You may not always need or choose to take medication!

Referrals for Off-Campus Treatment

- Some students may need more specialized, long-term, or more frequent care
- You can meet with a Social Worker at CPS to talk about your needs and get the appropriate referral
- CPS can also help identify a provider even if the student is not on the Columbia Student Health Insurance Plan

Where do I go if I'm in crisis?

- Crisis can feel like intense confusion, anxiety, and helplessness
- CPS is available 24/7 and can assess your concern and recommend next steps
 - 212-854-2878
- For a psychiatric emergency, students can also go directly to the Mount Sinai Emergency Room
 - 212-523-3347

How do I make an
appointment with CPS?

How do I make an appointment?

- It depends on what you need!
- Students can schedule a treatment planning session through the Patient Portal or by calling 212-854-2878
- The website has a current list of Support Groups and Spaces and how you can join

What do I do if I need to talk
about the care I'm getting at
CPS?

Care Navigation

- If you have something you want to talk about regarding your care, you can drop-in for a virtual Care Navigation visit
- You can share your feedback with a Social Worker
- Topics could include switching providers, planning for care when out of state, or other comments about care you've received

Wrap-Up

Key Takeaways

- Counseling and Psychological Services is your first stop for mental health care
- Stress is a normal part of life, but if you can't manage it on your own, CPS can help
- CPS offers short-term individual counseling, support groups, drop-ins, psychiatric services and medication management, and referrals to off-campus providers
- CPS provides students 24-hour support for urgent mental health concerns

Save our Number!



212-854-2878
Available 24/7

What's Next in the Webinar Series?

- Thursday, 10/3 at 2 p.m.: My Physical Health with Medical Services
- Friday, 10/4 at 2 p.m.: Building Strong Relationships with Sexual Violence Response (SVR)

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