



# California Health Sciences University

## COLLEGE OF OSTEOPATHIC MEDICINE STUDENT MENTAL HEALTH POLICY

### I. POLICY STATEMENT

The study of osteopathic medicine, while rewarding, can also be challenging and stressful. Students are taught healthy stress management and life balance skills early in the medical curriculum; however, students are always encouraged to seek mental health assistance whenever necessary. A variety of confidential counseling and behavioral health services are available to CHSU COM students, ranging from simple counseling to clinical psychiatric care and substance abuse treatment.

General counseling services are offered to CHSU COM students from an on-site licensed therapist. The therapist is free to all CHSU COM students and provides confidential counseling, resource information, education, activities and referral services to students and families. Students should contact Student Services for assistance and for contact information.

Additionally, CHSU contracts with a behavioral health service to provide 24 hour behavioral health care services. The contact information for this service is available on the student affairs page of the website.

A list of this service and other behavioral health lines and service providers is also available on the student affairs page of the website.

In the event that a student feels that he or she may harm themselves or others, they are advised to dial 911 or go to the nearest emergency department.

- 
- Policy Owner: COM Dean
  - Effective Date: 8/13/2018
  - Approval by Provost Date: 8/13/2018