

The Health Center, including Student Health and Counseling Services, will close for the Thanksgiving holiday on Tuesday, November 24th and will resume on Monday, November 30th. The Health Center will close for winter break on Tuesday, December 22 at 5 pm. Make sure all prescriptions are picked up prior to leaving campus. The Health Center will reopen on Monday, February 1, 2021.

### **Student Counseling Services, Individual Counseling**

- Individual counseling, provided remotely by our SCS staff, is available to all ***students studying within the State of Connecticut until December 22, 2020***. Appointments may be made by emailing [SCS@conncoll.edu](mailto:SCS@conncoll.edu) or by calling (860) 439-4587.
- For ***students studying remotely outside the State of Connecticut (both domestic and abroad)***, we have partnered with **Morneau Shepell My Student Support Program (My SSP)** to provide free 24/7 mental health care—even when the Health Center is closed. You can download the free My SSP App on the [App Store](#) or [Google Play](#)
  - Through the app, you can call or chat with a Student Support Counselor 24/7 in real-time or schedule a telephone or video session that fits your schedule. My SSP provides support in the event of a personal crisis and also connects students with providers, offering both short and long-term counseling.
  - You can browse a digital library of helpful articles and videos.
  - Or, you can call them directly at (866) 743-7732 (If calling from outside North America, dial 001-416-380-6578).
  - The services offered through this app are paid for by Connecticut College.
- Appointments with the psychiatrist for medication follow-up are provided remotely and are available to all students, regardless of state. An appointment with a counselor is required prior to meeting with the psychiatrist. Students may schedule an appointment by emailing [SCS@conncoll.edu](mailto:SCS@conncoll.edu) or by calling us directly at (860)439-4587. The psychiatrist, Dr. Donovan, will be available for appointments until Thursday, December 17th and will be returning on Thursday, February 4th. If she is prescribing your medication, please make arrangements to have enough for the entire vacation.

## **Group Counseling**

- [Group counseling](#), provided remotely by our SCS staff, is available to all students until December 22. Groups are offered daily. Students may sign up by emailing [SCS@conncoll.edu](mailto:SCS@conncoll.edu) or by calling (860) 439-4587.
  - Mondays: Womxn's Group, 4-5 p.m.
  - Tuesdays: SMART Recovery Group (alternative AA), 4-5 p.m.  
[meet.google.com/vbz-kgxu-nkz](https://meet.google.com/vbz-kgxu-nkz)
  - Wednesdays: General Support Group, 4-5 p.m.
  - Thursdays: General Support Group, 4-5 p.m.
  - Fridays: General Support Group, 1:30-2:30 p.m.

## **Group Drop-in Meetings/Psychoeducational Groups**

- Multiple [remote drop-in groups](#) are offered throughout the week. Students may register by emailing [SCS@conncoll.edu](mailto:SCS@conncoll.edu) or by calling (860) 439-4587.
  - Tuesdays: 4- 5 p.m., Mindfully Coping During COVID-19 and Quarantine
- [Identity-focused Group Series](#) - to register email [SCS@conncoll.edu](mailto:SCS@conncoll.edu) and indicate which group(s) you are interested in joining.
  - Thursdays: 1:30-2:30 p.m., Identity Focused Group: Coping with and Healing From Homophobia, Transphobia, and Heterosexism. Meets every other week.
  - Thursdays: 1:30-2:30 p.m., Identity Focused Group: Coping and Healing from Internalized Heterosexism. Meets every other week.
  - Thursdays: 1:30-2:30 p.m., Identity Focused Group: Coping and Healing from Internalized White Privilege. Meets every other week.
  - Fridays: 3:30-4:30 p.m., Foundations in Mindfulness

## **Student Health Services**

All services may be accessed by calling (860) 439-2275 or emailing [shs@conncoll.edu](mailto:shs@conncoll.edu).

Routine health care is available during regular, non-break hours. In-person and telehealth appointments are both available, depending on the need. Laboratory services are available during regular, non-break hours.

Prescriptions are delivered until Tuesday, November 24th, and then will restart Monday, November 30th through Tuesday, December 22nd, when the Health Center will close for winter break. Make sure all prescriptions are picked up prior to leaving campus. Prescriptions may also be picked up at ShopRite Pharmacy in New London. For hours or directions call (860) 447-1424. The Health Center will reopen on Monday, February 1, 2021.

### **After-Hours Health Care**

In-person and telehealth visits may be accessed through **Hartford Healthcare GoHealth** located at 351 N. Frontage Road in New London. Walk-in appointments and [virtual visits](#) are available every weekday, from 8am-8pm, and weekends, from 9am-5pm. [Online](#) scheduling available. They are open 365 days and may be reached at (860) 865-0934.

### **After-Hours Mental Health Care**

- ***On-campus students*** experiencing an **emergency** should call Campus Safety at (860) 439-2222.
- ***Off-campus students*** experiencing an **emergency** should call their local emergency services at 911 or the appropriate emergency resource number for their location.
- ***All students*** needing assistance after-hours may reach an off-site licensed professional clinician who has partnered with us.
  - You can reach the service by calling (860) 439-4587 and pressing option 2.
  - This is a telephone-based mental health service that is available to all students in need of access to mental health support when Student Counseling Services is not open.
  - This service provides students with access to an off-site counselor who will provide support at any time during the evening, weekend or break.
- ***All students*** needing assistance during or after-hours may reach an off-site licensed professional clinician who has partnered with us to receive urgent or on-going care :
  - Download the free **My SSP** App, available on the [App Store](#) or [Google Play](#)
  - See information above for more details on My SSP.