



Latest Updates from the William & Mary Counseling Center (March 20, 2020)

The William & Mary Counseling Center continues to be committed to providing supportive services to students. We are sensitive to the impact that current stressors and multiple unexpected changes could have on student's sense of well-being. The Counseling Center is responding to the remote learning approach William & Mary has implemented in order to contain the spread of COVID-19. **We will be posting information for the William & Mary community on this page as we develop our responses and additional resources for students, staff, and faculty.** Please check back to this page for more information about how our services and availability may change in response to the situation.

Supportive and crisis services:

We are offering brief supportive services and consultation, case management follow-up, and referral support via phone at this time for students who are unable to access therapeutic services in their community while online instruction is in place. This may include checking-in, providing coping strategies, sharing additional health and wellness resources, and other relevant support.

Based on professional ethics and state laws, W&M clinicians will not be able to engage in ongoing supportive services with students who are already seeing a therapist. In addition, clinicians are only able to engage in tele-mental health with students in Virginia at the time of the call, unless the state laws where the student is located indicate otherwise.

To receive any of the above described services please call (757) 221-3620 Monday-Friday 8am to 5pm.

Students who have been engaged in services at the Counseling Center have probably received or will receive in the near future an email and/or call from their therapist, exploring their current needs and developing arrangements to have those needs addressed.

As always, crisis services after hours and on weekends are available by calling (757) 221-3620, or the National Suicide Hotline at 1-800-273-8255. For a life-threatening emergency, call 911 right away.

Virtual Wellness Center:

The departments in the Health & Wellness thematic area are developing a set of virtual resources designed to enhance your wellness. Go to <https://www.wm.edu/offices/wellness/virtual/index.php> for the most up to date information and schedule of virtual health and wellness resources. This includes On Demand videos, articles, and more.

Finding a therapist at home:

If you want to find a therapist in your area, we encourage you to check out the website of the nearest counseling center for local referrals, go to Psychology Today's website, or call the number on the back of your insurance card to locate a therapist in your area. If you are in Williamsburg or the surrounding areas, go to <http://wm.rints.com/> to access the database for local therapists. Support can be provided with finding a therapist at home.

Psychiatric services:

Medication Management and Follow Up Appointments: Follow up with current patients is available. If you are a current patient and have a scheduled appointment with Dr. Roy, you will be contacted during the designed time via telephone. Current patients can call (757) 221-3620 Monday-Friday 8am to 5pm to reschedule appointments via phone.

To Transfer Prescriptions:

Call **your home pharmacy** ASAP to ask for a transfer of any existing prescriptions from your William & Mary pharmacy.

- Provide the name and dose of your medication
- Confirm completed transfer with your home pharmacy
- Some restrictions to prescription transfer may apply, and Dr, Roy will work with students to help with individual needs/concerns.