



Information Sheet for Students Seeking or Receiving Psychiatric Medication

The Stone Center Counseling Service provides Psychiatric evaluation and medication management to currently enrolled students and can work with students to find off campus psychiatric prescribers as needed. There are limited resources for psychiatric prescribers at the counseling center thus many students are referred off campus when possible. If you and your counselor decide to consider how medication may be of help to you, your counselor may refer you to one of the Counseling Center's psychiatric providers or to the care coordinator for help with an off-campus referral. If you are seen on campus, your evaluation will consist of meetings with the psychiatrist or psychiatric nurse practitioner where you will discuss the issues that brought you to the Counseling Center, as well as the symptoms that you are experiencing. If the prescriber recommends medication, she/he will describe the expected course of treatment, risks and benefits of medication and the proper way to take your medication. She/he will also address any concerns or questions that you have. You will be expected to meet with your prescriber as frequently as they deem necessary which may be weekly or every other week to begin with and spacing out over time. You will be expected to be seen at least every three months and if your last visit with a prescriber was greater than that you will likely be asked to schedule a new intake before we can resume prescribing. If you will run out of medication you should contact the counseling center or your prescriber directly as we do not accept requests for refills from the pharmacy. While working with a prescriber you will be expected to remain in counseling with your on or off campus therapist. It is essential that your prescriber have permission to collaborate with your therapist regarding your care. Your prescriber will also collaborate with health services as necessary to provide the safest and comprehensive care.

Summer Medication

The counseling service is closed during the summer and not available to meet with students during that time for medication management, however on call services remain available to you. You should discuss with your prescriber early in the spring semester how you will obtain your medication for the summer and who will manage it. For stable students your prescriber may be comfortable giving you refills for the summer with a follow up in the fall. Your prescriber may recommend that you meet with your primary care doctor over the summer or seek a psychiatrist where you will be living.

Travel Abroad

If you are planning to travel abroad while at Wellesley and are on psychiatric medication you need to discuss this with your prescriber as early as possible. Depending on the circumstances, your prescriber may be able to provide a prescription to last the time abroad but this is only considered in circumstances where a student has been stable and on stable medication for a prolonged period of time. Otherwise your prescriber may recommend you work with your primary care doctor or an alternate provider to obtain medication. Your prescriber may ask you to locate a care provider abroad with whom you can communicate easily in case you need a medication refill or for any emergencies

Medication for ADHD

We strongly encourage you to continue to receive medication from your treating clinician. If you are already being prescribed medication for ADHD, it will be necessary to bring a copy of supporting neuropsychological documentation and/or a letter with diagnosis and summary of treatment including active medication regimen. If continuing with a previous provider is not possible, a mental health prescriber in the counseling center will meet with you and use their discretion to prescribe medication based on their clinical assessment. Please review our ADHD information sheet detailing what is required for evaluation and management of ADHD at the Stone Center Counseling Service.

Other Controlled Substances

At times primary care physicians, psychiatrists or nurse practitioners may temporarily prescribe a time limited

benzodiazepine. Benzodiazepines are controlled substances and are not routinely prescribed by Health Services or Stone Center. Please assure you are able to receive this time limited prescription from home medical provider.

Outside Referrals

If you prefer to see a psychiatric provider in the community, you can contact counseling service at 781-283-2839 and request a list of psychiatrists in the community or schedule a time to meet with the Student Care Coordinator to get assistance with referrals. This list is not comprehensive, nor is it an endorsement of any particular doctor, so you can always look for other doctors online or through your insurance company.

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