

An aerial photograph of a cityscape. On the left, a prominent white church steeple with a blue dome and a golden cross rises above the rooftops. In the center, a river flows through the city, crossed by a multi-arched bridge. The background is filled with various urban buildings, including several tall skyscrapers. The sky is filled with soft, white clouds.

**Welcome to
CAMHS**

Welcome to Harvard!



“I miss not seeing you all in person, but I want you to know that we’re always here to help as you transition to studying at Harvard, whether on campus or from afar. We know that your first year at Harvard ordinarily poses stresses and challenges, and this year, we’re standing here to support you.”

- Dr. Barbara Lewis, Chief of CAMHS



“We are so glad you are joining the Harvard community this fall, no matter where you might be located! This Orientation module will introduce you to our CAMHS team, the services and resources we provide, and how you can access us for consultation and support from wherever you are. We hope this is a meaningful and productive year for you at Harvard. Welcome to CAMHS!”

- Melanie Northrop, LICSW, CAMHS Director of Acuity Services



**Let's review the basics about the
Counseling and Mental Health Service,
known as 'CAMHS':**

We are...

Clinicians of color

~ 40 clinicians

BGLTQ

Psychiatrists

Social Workers

Psychologists

Licensed Mental Health Clinicians

Varied in our approaches

**Spanish, German,
French, Portuguese,
Farsi, Chinese-dialect
speaking**


First-gen

Nurse Prescribers

Immigrants from around the world

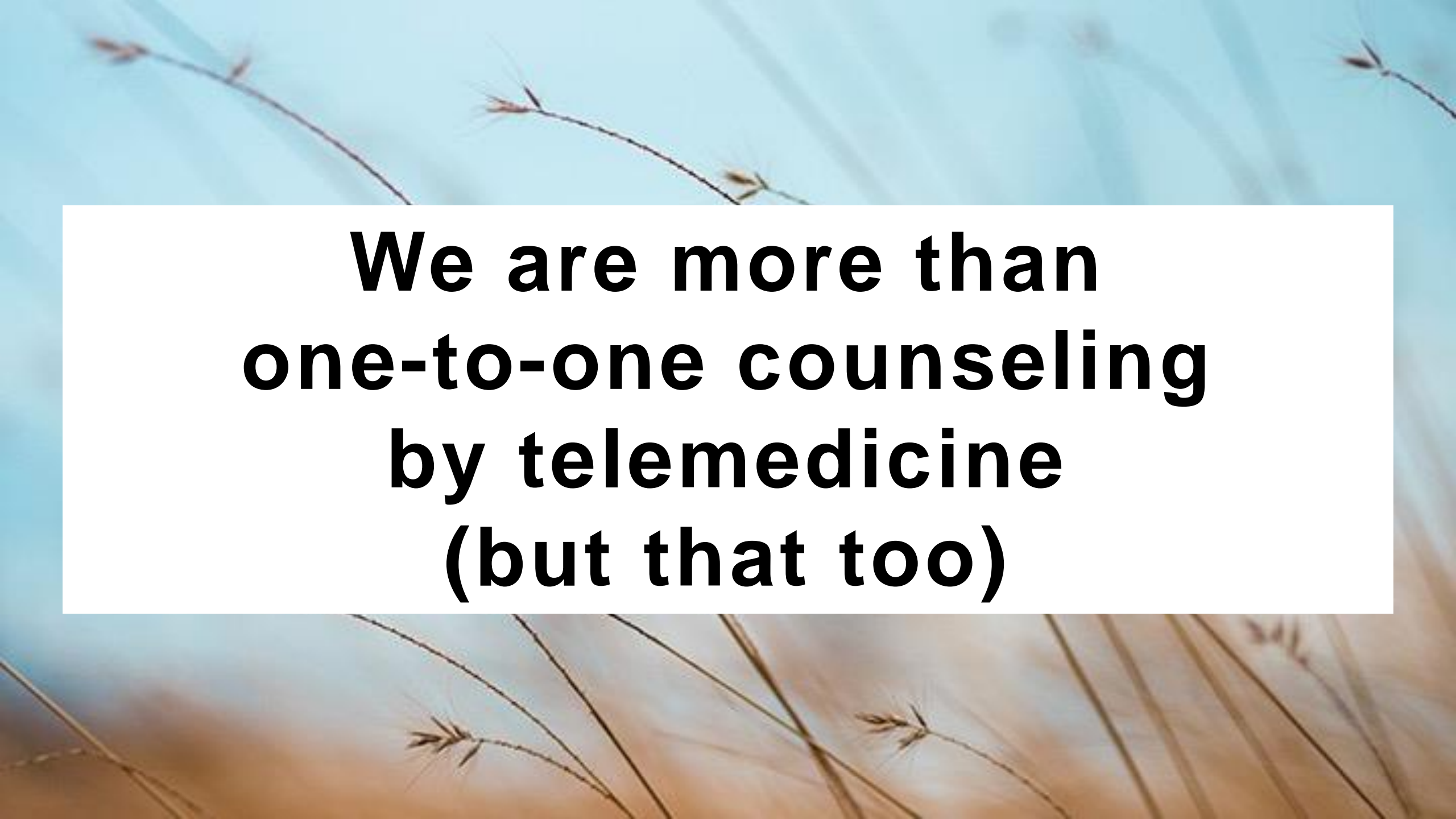
An amazing team of support staff



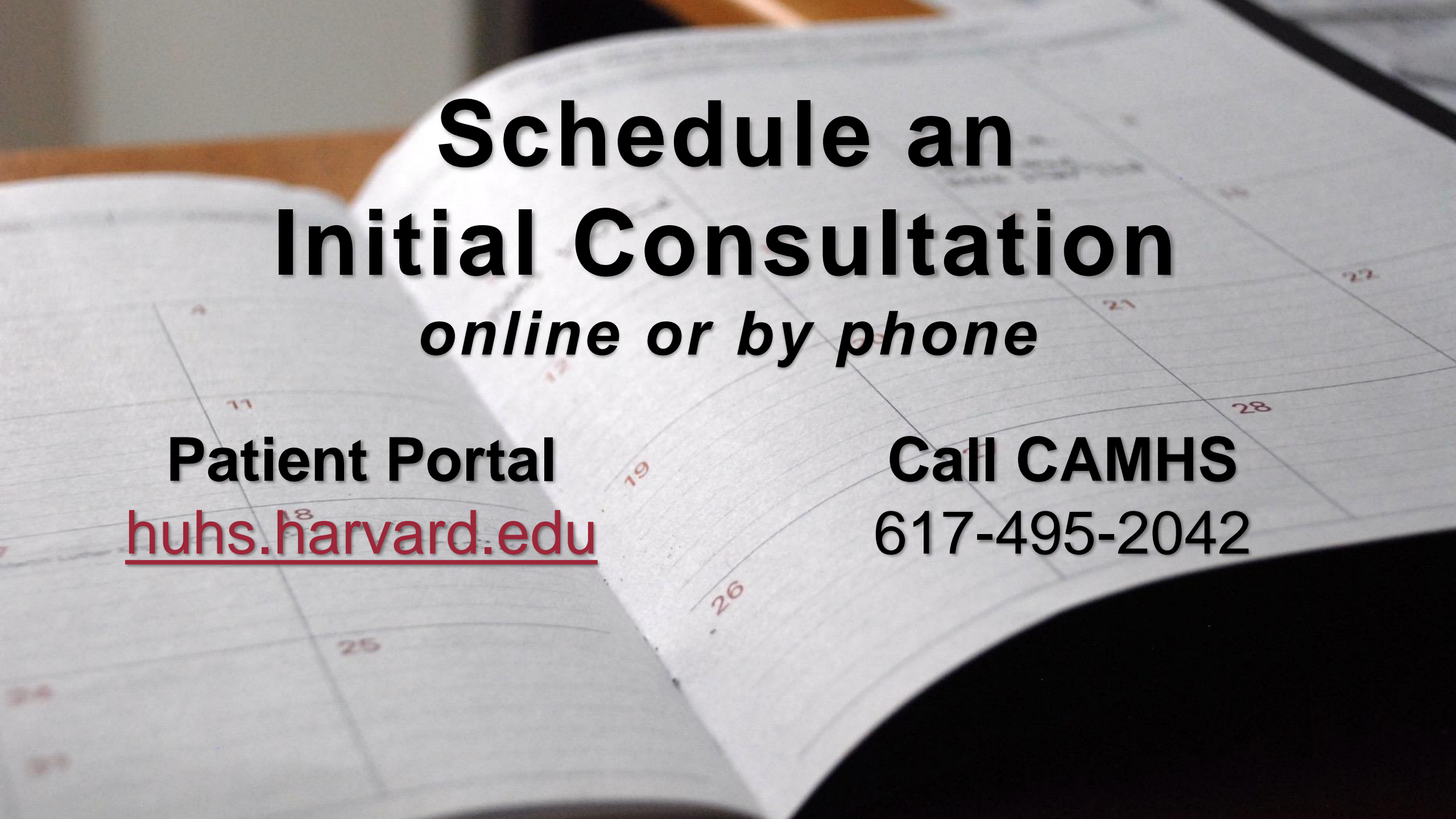
A person wearing a yellow sweater and a watch, sitting at a desk and using a laptop. The text is overlaid on the image.

**All of CAMHS
is fully functioning
REMOTELY*
via telemedicine this fall**

***Our usual home is the 4th floor of
HUHS in the Smith Campus Center, and
ordinarily we provide satellite services
at HLS and Longwood,
but we are not there right now!**

The background of the slide features a soft-focus photograph of tall, thin grasses or reeds. The upper portion of the image shows a clear, light blue sky, while the lower portion is dominated by the golden-brown stalks of the grass, which are slightly out of focus. A white rectangular box is centered on the slide, containing the main text.

**We are more than
one-to-one counseling
by telemedicine
(but that too)**



Schedule an Initial Consultation

online or by phone

Patient Portal
huhs.harvard.edu

Call CAMHS
617-495-2042



What happens in an Initial Consultation?

The Initial Consultation typically is conducted by phone.

Based on an Initial Consultation with a clinician and consideration of a student's individual circumstances, a student may be referred to short-term individual treatment and/or workshops and groups within CAMHS—all on [harvardhipaa.zoom](https://harvardhipaa.zoom.us)—or be educated and coached on locating a provider in their area of residence.

The majority of students benefit from short-term therapy, while some students may receive more frequent and longer-term therapy with a provider they can continue to see throughout their time at Harvard.

CAMHS provides short-term, goal-focused care

(with an emphasis on developing skills and strategies for life)

The number and frequency of CAMHS visits ultimately depends on a student's particular circumstances.

If a new situation arises, a student can return to CAMHS for further assessment.

**** average number of therapy sessions for students who receive care within CAMHS is 6–8***

CAMHS Workshops and Groups

CAMHS workshops and support groups are provided remotely and can help students build emotional skills and reach personal goals, and can also alleviate feelings of separation and loneliness. They are great opportunities for students who are remote from campus to join in a shared experience with other students living on campus.

Workshops:

- are usually 1 - 4 **drop-in** sessions
- cycle through the semester frequently
- are led by a therapist who focuses on skills and strategies
- include a variable number of students

Groups:

- meet regularly to provide organized peer support and processing
- typically may have 6 - 20 members
- are facilitated by a therapist
- vary in frequency



Workshops and Groups

CPR for Mental Wellbeing

Managing Emotions

Nourish your Mind and Body Workshop

Overcoming Procrastination

Perfectionism and Self-Compassion

**...and more this fall, all on
harvardhipaa.zoom ...**

*We also offer tailored workshops
for cohorts of students upon request
by their student services offices.*

Being at Home Support Group

Students of Color Support Group

Recovery Support Group

Transcend Group

**...and more this fall, all on
harvardhipaa.zoom ...**

Psychiatry and Prescribing

- **Psychiatrists and nurse specialists provide medication consultation and management, as well as urgent care for acute medication issues.**
- **It is important for students to learn to be responsible, proactive and communicative with their prescriber about any concerns, side effects, prescription renewals, and travel issues.**
- **Students living on campus or in the Boston/Cambridge area can choose to have their prescriptions filled at the HUHS pharmacy (or not).**
- **Prescribing for students who are not living in Massachusetts may be limited by licensure and type of medication and practice standards. This will be reviewed in your Initial Consultation.**

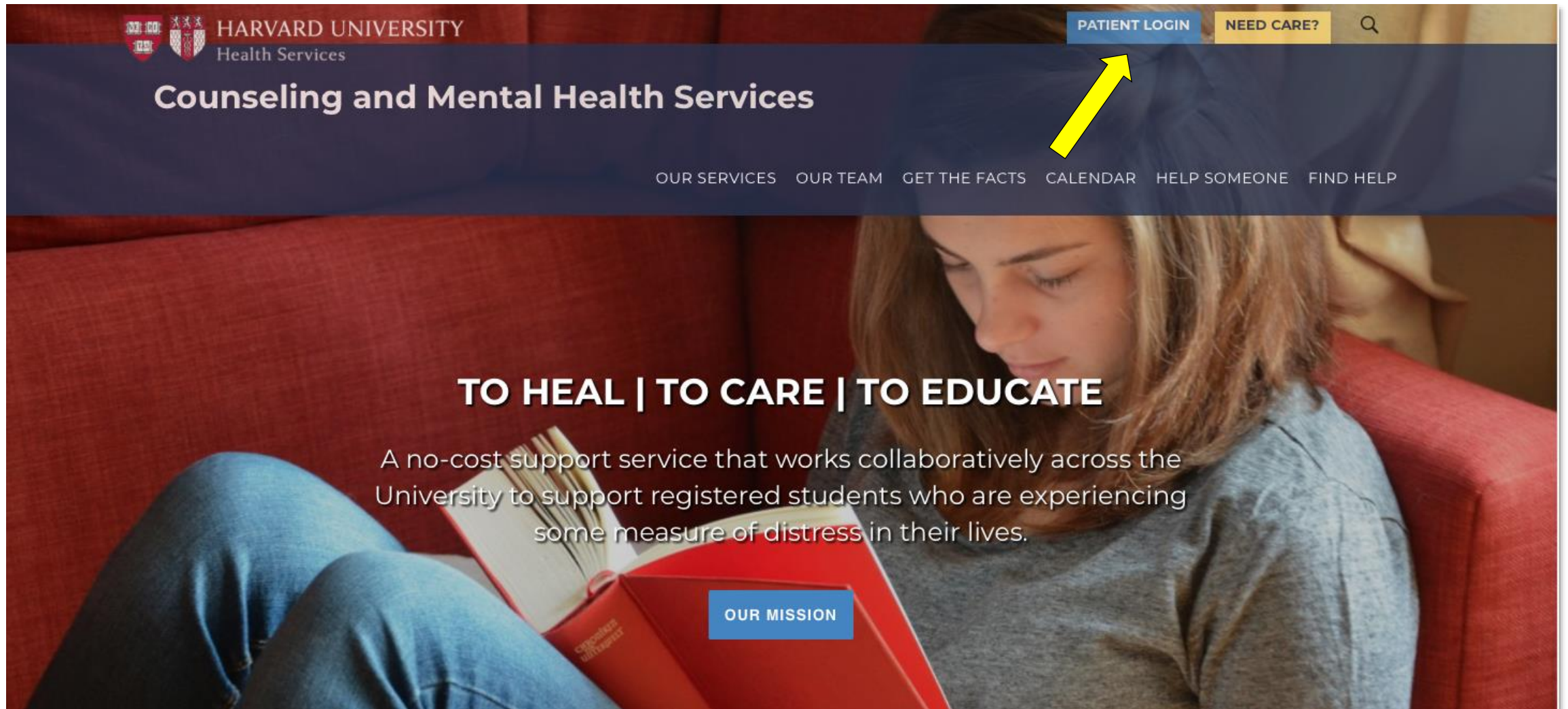


Navigating our website

camhs.huhs.harvard.edu

On the CAMHS website, you can find the following:

- 1. A link to the patient portal to schedule an initial consultation**
- 2. Descriptions of our services**
- 3. Listings of our latest workshops and groups**
- 4. A staff directory to learn more about our team**
- 5. Self-assessment resources**
- 6. Information about accessing Urgent Care and our mental health on-call services**



**To schedule an Initial Consultation, click on “patient login,”
located at the top of the CAMHS website.**



HARVARD UNIVERSITY
Health Services

PATIENT LOGIN

NEED CARE?



Counseling and Mental Health Services

[OUR SERVICES](#) [OUR TEAM](#) [GET THE FACTS](#) [CALENDAR](#) [HELP SOMEONE](#) [FIND HELP](#)



TO HEAL | TO CARE | TO EDUCATE

A no-cost support service that works collaboratively across the University to support registered students who are experiencing some measure of distress in their lives.

OUR MISSION

To view workshops and group offerings, and get instructions to sign up, click on “our services,” located at the top of the CAMHS website.



HARVARD UNIVERSITY
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TO HEAL | TO CARE | TO EDUCATE

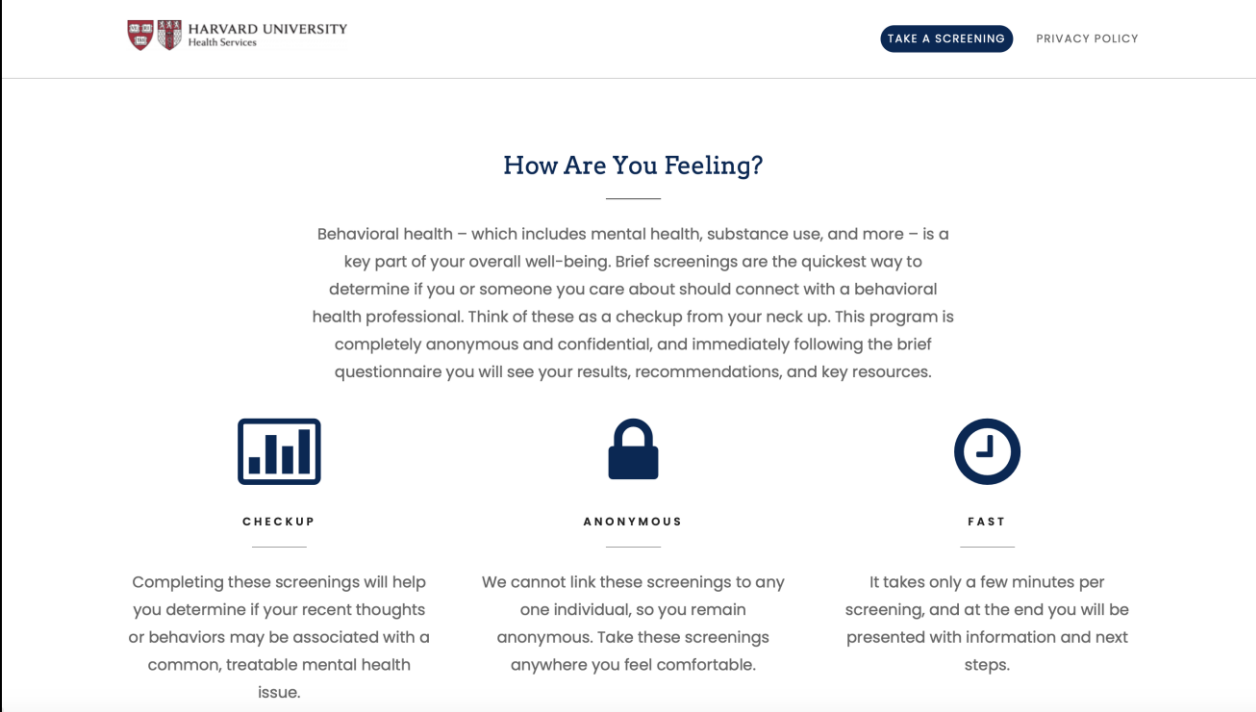
A no-cost support service that works collaboratively across the University to support registered students who are experiencing some measure of distress in their lives.

OUR MISSION

To view the CAMHS team and search by their specialties and interests, visit “our team,” located at the top of the CAMHS website.

Online Screening

We offer anonymous and confidential online screening for depression, eating disorders, alcohol, and anxiety and PTSD, which you can complete confidentially and privately at any time, whether you are on campus or living elsewhere...




The screenshot shows the Harvard University Health Services online screening interface. At the top, the Harvard University Health Services logo is on the left, and a 'TAKE A SCREENING' button and 'PRIVACY POLICY' link are on the right. The main heading is 'How Are You Feeling?'. Below this, a paragraph explains that behavioral health includes mental health, substance use, and more, and that brief screenings are a quick way to connect with a professional. The interface then presents three key features: 'CHECKUP' (represented by a bar chart icon), 'ANONYMOUS' (represented by a padlock icon), and 'FAST' (represented by a clock icon). Each feature has a brief description of its benefits.

HARVARD UNIVERSITY
Health Services

[TAKE A SCREENING](#) [PRIVACY POLICY](#)


How Are You Feeling?

Behavioral health – which includes mental health, substance use, and more – is a key part of your overall well-being. Brief screenings are the quickest way to determine if you or someone you care about should connect with a behavioral health professional. Think of these as a checkup from your neck up. This program is completely anonymous and confidential, and immediately following the brief questionnaire you will see your results, recommendations, and key resources.




CHECKUP

Completing these screenings will help you determine if your recent thoughts or behaviors may be associated with a common, treatable mental health issue.



ANONYMOUS

We cannot link these screenings to any one individual, so you remain anonymous. Take these screenings anywhere you feel comfortable.



FAST

It takes only a few minutes per screening, and at the end you will be presented with information and next steps.

<https://screening.mentalhealthscreening.org/harvard-university-health-service-counseling-and-mental-health-service>

The Student Health Fee covers the cost of CAMHS services

**Services in CAMHS are covered by the
Student Health fee,
so there are no fees or co-pays within CAMHS.**

**When students are referred to or choose community
clinicians outside of HUHS in their local area, a student
will use their insurance or home-country medical health
care system.**



Do you have private insurance?

If you are covered by your family's or a personal insurance plan, you may need to consult that plan about eligibility and participating mental health providers in your local area.

Do you have SHIP?

Harvard's Student Health Insurance Blue Cross/Blue Shield Plan allows 52 mental health visits per year, with visits 1-8 having no co-pay, and visits 9 through 52 are ordinarily \$35 with a participating BC/BS provider.

At the present time, in the context of COVID-19, those co-pays under the SHIP BC/BS are currently suspended and waived.



Special considerations around licensure laws and regulations:

Due to licensure laws and regulations, CAMHS is unable to provide individual therapy or medication management to students residing outside of the US, or in certain states that prohibit.

However, we welcome participation in our CAMHS workshops by students who are residing anywhere, and we also provide Initial Consultations remotely and may make suggestions on how to pursue counseling or medication management locally in your area of residence.

If you are an international student studying remotely from your home country, you may need to engage with your country's health care system protocols and processes to receive mental health services there.



**For full information about
eligibility and the Harvard SHIP
Blue Cross-Blue Shield plan:**

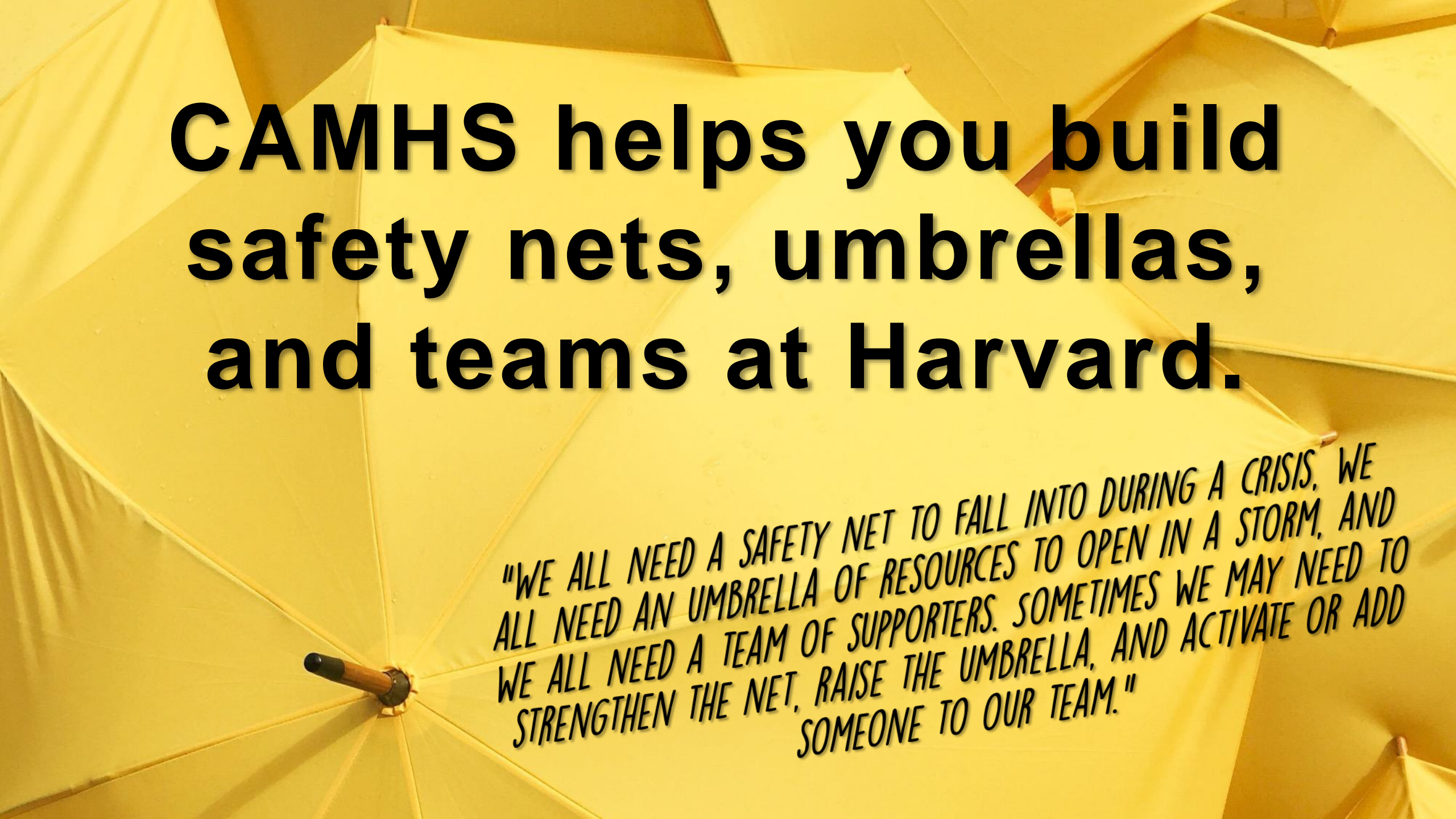
hushp.harvard.edu

**HUHS Member Services
617-495-2008**

CAMHS URGENT CARE IS ALWAYS AVAILABLE:

- Urgent Care is always available remotely during the business day: a student just calls **617-495-2042** to arrange to speak with a clinician either via Zoom or by phone about an urgent mental health situation.
- We also provide mental health on-call urgent consultation by phone every evening from 6pm to 8am the next morning, and also on Saturdays, Sundays and holidays. Just call **617-495-5711** to speak by phone with our mental health on-call service after-hours.





**CAMHS helps you build
safety nets, umbrellas,
and teams at Harvard.**

*"WE ALL NEED A SAFETY NET TO FALL INTO DURING A CRISIS. WE
ALL NEED AN UMBRELLA OF RESOURCES TO OPEN IN A STORM, AND
WE ALL NEED A TEAM OF SUPPORTERS. SOMETIMES WE MAY NEED TO
STRENGTHEN THE NET, RAISE THE UMBRELLA, AND ACTIVATE OR ADD
SOMEONE TO OUR TEAM."*

and
breath

You've
got
this!

