

If You Are Currently In Therapy

Welcome to Keene State College! The Wellness Center – Counseling Services offers a full range of support services to all KSC students and it's all included in your student fees! These include individual and group counseling, consultation, and leadership opportunities. The staff works to enhance the emotional, developmental and relationship aspects of students' health and growth. For more information about our services, check out our website at www.keene.edu/counseling.

If you currently are seeing a mental health therapist or receive psychotropic medications from a medical provider, there are some things that you can do to help make your transition to college easier. If you are seeing a therapist, check with him/her about signing a release of information so s/he can talk to a counselor up here. Even if you don't think you will see a KSC mental health counselor, it might be a good idea to talk about signing a release with your therapist. You don't have to give up your therapist at home, and sometimes it's very useful to have someone at KSC that you can check in with if things get stressful and you can't get home right away. A release will allow us to coordinate your treatment with your provider at home.

If you are on a medication, talk to your prescriber about how to handle refills and check-ups while you're at college. If your prescriber wants to transfer your medication management up here, sign a release of information and get a copy with your prescriber's address and phone number. As soon as you get here, make an appointment at The Wellness Center's Health Services and talk to a nurse practitioner about transferring your care.

Students are sometimes tempted to go off their medication when they first come to college, but that almost always is a bad decision. Transitioning from high school to college can be very stressful, and you don't need the additional stress of discontinuing your medication. Besides, any time you stop taking a medication, you should be under the supervision of your provider just in case there are side effects.

It's also important to be informed about the impact of alcohol or other drugs when you are on any medication. Talk to your provider so that you can make more informed choices when you come to college.

If you have any questions, don't hesitate to call us. The more we can do before you come, the smoother your transition here will be.

**Keene State College
The Wellness Center
3rd Floor, Elliot Center
603-358-2200**