



**THE GEORGE  
WASHINGTON  
UNIVERSITY**  
WASHINGTON, DC

**Responsible University Official:**  
Associate Dean for Student Affairs  
**Responsible Office:** Office of Student  
Affairs, SMHS  
**Most Recent Revision:**  
**07/2015**

## **RESOURCES FOR STUDENTS NEEDING ACADEMIC, PERSONAL, OR MENTAL HEALTH COUNSELING**

### **Policy Statement**

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All students at the GW School of Medicine and Health Sciences can receive CONFIDENTIAL assistance for academic, personal, or mental health issues through the various resources listed below. Many of these services are FREE or provided at very low cost, and referral to low cost or FREE resources outside of the university system will be provided if necessary.

#### **Academic Counseling and Support:**

Students who need assistance adjusting to the academic demands of medical school can seek a broad range of CONFIDENTIAL individualized, group, or on-line assistance through the following resources:

- University Counseling Center's Academic Services Center: Marvin Center, Ground Floor, **202-994-5300**, <http://gwired.gwu.edu/counsel/asc>
- University Office of Disability Support Services: Rome Hall, 801 22<sup>nd</sup> Street, Suite 102, **202-944-8250**, <http://gwired.gwu.edu/dss/students/services>
- Dean Rhonda Goldberg, SMHS Student Affairs, 7<sup>th</sup> Floor Ross Hall, **202-994-3176**

#### **Mental Health or Personal Counseling and Support:**

Students who need assistance with personal or mental health concerns including depression, anxiety, grief, suicidality, or substance abuse can receive CONFIDENTIAL assistance through one of the following resources:

- University Counseling Center: Marvin Center, Ground Floor, **202-994-5300**, <http://gwired.gwu.edu/counsel> Services include 12 FREE sessions and/or low cost individual or group counseling depending on the specific issue and referral to local resources that are FREE, low cost, or covered by your health insurance as necessary. For direct referral to external resources you can contact the counseling center or visit <http://gwired.gwu.edu/counsel/referralassistance>
- Counselor-on-Call: There is a CONFIDENTIAL counselor-on-call from the University Counseling Center 24/7. You can reach the counselor by calling the center at **202-994-5300** 24 hours a day, 7 days per week.
- University Student Health: Marvin Center, Ground Floor, **202-994-6827**, <http://gwired.gwu.edu/shs> The Student Health Services office can provide CONFIDENTIAL FREE, or low cost psychiatric evaluation, treatment, or referral

services. All students, regardless of insurance carrier, can be seen at Student Health. Psychiatric services at Student Health are FREE for students covered by the University Student Health insurance. Students with other forms of insurance pay a low co-payment for services which may be covered by their insurance. Students can also be referred to services that are covered by their insurance if necessary.

- Dean Rhonda Goldberg: SMHS Student Affairs Office, 7<sup>th</sup> Floor Ross Hall, **202-994-3176**. Dean Goldberg can provide CONFIDENTIAL assistance and referral to University resources or to a group of counselors and psychiatrists outside of the University system who are willing to see medical students, frequently at low or sliding-scale fees depending on your insurance coverage. Dean Goldberg is NOT involved in student evaluation or the preparation of your Medical Student Performance Evaluation (MSPE, aka Dean's Letter).
- ***Crisis Hotlines, 24/7:***
  - ***GW Counselor-on-Call: 202-994-5300***
  - ***USA National Suicide Hotline: 1-800-SUICIDE or 1-800-273-TALK***
  - ***Washington, DC Crisis Helpline: 1-888-793-4357***

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## **Who Needs to Know This Policy**

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Faculty and students

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## **Contacts**

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Office of Student Affairs      202-994-2202

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## **Who Approved This Policy**

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Committee on the Undergraduate Medical Education Curriculum

Jeffrey S. Akman, M.D., Vice President for Health Affairs and  
Dean, School of Medicine and Health Sciences  
July, 2015