

# STUDENT HEALTH AND COUNSELING SERVICES

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Student Health and Counseling Services serves as the medical home for all UTHealth Houston students and provides both medical and mental health services. To access the services provided by Student Health Services and Student Counseling Services visit the website here (<https://www.uth.edu/studenthealth/>).

## Medical Services

Medical services are available for all UTHealth Houston students and their dependents. Services available include immunizations, tuberculosis screening, physical examinations, well woman examinations, flu shots, travel medicine, treatment of acute and chronic medical problems, and referrals to specialists as necessary. The clinic manages a 24-hour a day hotline for needlesticks and other exposures to hazardous body fluids. Students may report occupational exposures to our hotline at 713-500-OUCH (6824). An on-site Class D pharmacy offers many prescription medications for common illnesses. The clinic is staffed by physicians who are board certified, both in Internal Medicine and Pediatrics. Office hours are 8:30 am to 5:00 pm for Medical Services. Appointments are preferred, but not required for acute illness and emergencies.

## Counseling and Psychiatric Services

Balancing personal life with the demands of school can be challenging. Counseling and psychiatric services are available to all enrolled students at UTHealth Houston. Services offered include confidential and discrete psychiatric medication management, individual therapy, and psychological assessments with written reports. At the schools' request, educational workshops and outreach events are also offered to students. Students can receive services for a variety of reasons, including psychiatric evaluation and treatment, psychotherapy for depression, anxiety, ADHD, academic difficulties, alcohol/substance abuse, eating disorders, insomnia, relationship concerns, suicidal/self-injurious thoughts, burn-out and psychological assessment. The first appointment with a Student Counseling Services' provider is complimentary. Subsequent visits are billed through the student's health insurance. Appointments can be made by phone (713-500-5171) or in person, Monday-Friday, 8:00 AM-5:00 PM. Virtual and in-person appointments are available. Additionally, the *24/7 Student Crisis Hotline* is available anytime by calling 713-500-4688.

Privacy is of the utmost importance. Health information is protected by federal and state privacy laws. Protected health information will never be disclosed unless mandated or permitted to do so by law with patient permission.

For more information, contact:

UTHealth Houston Student Health and Counseling Services  
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