UHS has a Psychiatrist who works in collaboration with CaPS clinicians. All referrals for Psychiatric treatment are made through Counseling and Psychological Services (CaPS). If you and your therapist or clinician think that medication may be a useful additional treatment approach, you will be referred to our Psychiatrist for an initial evaluation. Psychotropic medications are prescribed only after a comprehensive evaluation by one of our practitioners, and medications are only one piece of the typical treatment plan provided by UHS practitioners.

Work with the Psychiatrist involves initial evaluation/consultation and may involve recommendations for individual psychotherapy, group psychotherapy, medication, and/or referral to more clinically appropriate community resources, as needed. Certain students will require more specialized or comprehensive treatment beyond our student health mission and may be referred to resources in the community following an initial evaluation. Referrals might occur immediately after the first appointment, or they may occur after some treatment and a further assessment has taken place. For students whose mental health needs require more intensive outpatient or inpatient services, referrals will be made to appropriate community resources.