HCC & LEP Resource- Caring for Your Health at DU

In collaboration with the Health & Counseling Center (HCC), the Learning Effectiveness Program offers this resource to support students as they transition to college in order to ensure continuity of care.

Securing a therapist

If you have a current therapist, you would like to continue seeing:

1. Ask them if they are able to provide therapy remotely.
2. Ask if their license allows them to provide counseling across state lines.
3. If you ask your current therapist or prescriber to complete a Release of Information to D.U., it will allow the HCC to access your health records and can help with continuity of care.

If you would like to see a counselor through D.U.’s Health and Counseling Center:

Here are a few different ways to access a counselor through HCC

1. Schedule an appointment with the Health and Counseling Center through MyHealth.
2. Call the Health and Counseling Center at 303-871-2205.
3. Come to the Health and Counseling Center Monday-Friday 1-3pm for a same day appointment with a counselor.

The office is located on the third floor of the Ritchie Center. Go to the front desk and explain to the Administrative Support Team member that you are there for a Same Day Access Appointment.

To find a new counselor without going through the Health and Counseling Center:

1. Use the University of Denver Referral Service.
2. Input what you are looking for from a counselor.
3. Review the results on the next page.
4. Pick the counselor that seems the best fit for you and outreach with their provided contact information to request an initial meeting.

OR contact your insurance provider and ask for a complete list of providers in-network for you.
Transferring Your Medication

If you have an existing prescription that you want to continue filling while at D.U.:

Talk to your current provider and ask:

1. Can your provider prescribe your medicine across state lines?
2. Is your current prescription able to be filled at a pharmacy close to D.U.? Many providers will easily be able to move the location your prescription is to be filled within their system.
3. Will you need to meet with your provider in-person frequently to have your prescription renewed? Your provider may be able to do renewals after a virtual consultation, or you may be able to schedule meetings to confirm renewals around the times you are back home.

If your current provider CANNOT continue to renew your prescription:

There are several ways that you can handle this situation. It is important that you have a plan in place to make your transition to D.U. as smooth as possible.

1. Ask your current provider for a referral to a physician in the D.U. area, or
2. Meet with an HCC Counselor to discuss next steps for receiving a prescription, or
3. Use the Counseling Center’s Referral System or referrals through your insurance to find an off-campus provider that can renew your prescription.

If you do not have an existing prescription:

If you do not have an existing prescription, but feel like you need one, here are a few ways to get started.

1. Schedule an intake meeting with an HCC Counselor to receive a referral to the HCC Psychiatrists.
2. Schedule a meeting with a Primary Care Physician through HCC. They are often able to prescribe or can provide a referral to psychiatry.
3. Use the Counseling Center’s Referral Service or your referrals through your insurance provider to find a psychiatrist in the surrounding community.

Additional Tips and Reminders for Medication at D.U.

Help yourself remember
Get a “day of a week” medication box or a pill bottle lid with a timer to ensure you are not missing any doses during your transition. Reminders and alarms on your phone can also be effective but be aware that your daily schedule may look quite different and less regular than before entering college.

Be careful
Be cautious about mixing prescribed medication with alcohol and other drugs. If you choose to use these substances while on medication, be aware that there can be unexpected and risky interactions.

Keep it to yourself
Do not share prescribed medications with others. The effects can vary from person to person and doing so can leave you in a dangerous place if you run out prematurely.