

August 12th Webinar Highlights

Stay Connected

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DU's Health and Counseling Center (HCC) provides a comprehensive range of services designed to support student well-being through prevention, treatment, and advocacy.

Organizational Structure

- Thrive Health Promotion: Focuses on prevention and promoting healthy lifestyles.
- Medical Service: Provides clinical treatment for physical health needs.
- Counseling Services: Offers mental health support, including individual and group therapy.
- CAPE (Center for Advocacy, Prevention, and Empowerment): Dedicated to advocacy and empowerment resources.

Counseling and Mental Health Services

Counseling services at the HCC are strictly confidential and require written student consent for any information release, except in life-threatening emergencies or as required by law.

Medication and ADHD Treatment

- Prescribing: Primary care providers can prescribe antidepressants, anxiolytics, and sleep medications.
- Psychiatric Services: Two psychiatric providers are on staff for more complex needs, though appointments with them require a referral.
- Pharmacy Access: There is a limited on-site dispensary, but students can also use nearby retail pharmacies like Safeway and Walgreens.
- ADHD Policy: Students with an established, documented diagnosis of ADHD can seek stimulant medications at the HCC. However, the center does not perform formal psychological assessments for students who have never been previously diagnosed.

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Accessing Services

- Students can manage their health needs through the MyHealth portal on the HCC website (du.edu/hcc) to schedule appointments, check test results, or message providers.
- For administrative or insurance questions, students can email insurance@du.edu or hccinfo@du.edu.
- When the HCC is closed, students are directed to CareNow Urgent Care, Porter Adventist Hospital, or the Colorado Mental Health Crisis Services, all nearby DU.

• BRIEF Assessment Tool

- Students are expected to complete the BRIEF assessment. Thank you if you already completed it. If you have not, please make sure to do so at your earliest convenience.