

Incomplete Guide to Mental Health Resources for Yale PhD Students  
Compiled by Yale Political Science GSA Reps in 2021

Surveys show that many PhD students have significant mental health issues during their time in graduate school. This document is an incomplete guide to accessing mental health care resources as a Yale PhD student. This document was created as an effort to inform our peers of resources available, to normalize the difficulties that most students face, and to encourage students to proactively seek help before issues become worse.

- All Yale students are eligible for mental health care services and counseling free of charge
- URGENT ISSUES: In urgent situations, any student can ask to speak to the on-call clinician, 24 hours a day, 365 days a year. Urgent daytime calls go to the department, (203) 432-0290, and after hours calls go to Acute Care, (203) 432-0123.
- More comprehensive info is available online:  
<https://yalehealth.yale.edu/directory/departments/mental-health-counseling>

How to access mental health care services at Yale.

1. To make an appointment for counseling, talk therapy, or medication, you have to first **call** mental health care at 203-432-0290.
2. Your first appointment is normally an intake appointment with a counselor who will then ask you if you want to do these things:
  - a. Do you want to keep seeing a talk-therapy counselor at Yale?
    - i. Pros: you get assigned a therapist and don't have to find one on your own
    - ii. Cons: you are probably not going to be able to see this therapist very often
  - b. Do you want to enroll in a group therapy within Yale?
  - c. Do you (in addition to whatever talk therapy option you choose) want to see a psychiatrist for a discussion about whether medication is right for you?
  - d. Do you want to start seeing a counselor for talk-therapy outside of Yale (this is called the Magellan insurance option)?
    - i. This option allows you to see a therapist outside of Yale as often as you want. Students are sometimes (wrongly) told that our insurance only lets you see a therapist outside of Yale for a certain number of times. This is incorrect. If they tell you otherwise, feel confident that you should push back. You can see a therapist using Magellan as often as you want (up to once a week) and for as long as you'd like (your entire time at Yale).
    - ii. If you take this option, you have to find a counselor on your own that takes Magellan insurance. Lots of doctors around here will take this insurance. A good way to find a therapist who takes Magellan is to use this website:  
<https://www.psychologytoday.com/us/therapists>
    - iii. Sometimes you will be told that you need to call Magellan to get a list of counselors that take Magellan. This can be helpful, but you can search for a therapist on your own that takes Magellan as well. Many times, you'll need to contact many therapists to find one who is taking new clients and is a good fit for you.

Other suggestions and notes:

- You need to be very proactive in calling and setting up appointments. Many students have complained that Yale mental health has “lost them in the system.” In other words, sometimes they say they will call you back and they never do. It is very annoying. If they don’t call you back within a week, we suggest you call them again.
- It can take several weeks to see someone at Yale for counseling.
- Note that Yale PhD students have access to the Magellan/therapists outside of Yale, but undergrads do not.