

UIC College of Medicine Mental Health Resources

Compiled by the Student Wellness and Resilience Committee (SWRC)

Which Mental Health Resource is Right for Me?

*Click the blue boxes to see more information

NPI

- I have a mental health concern requiring longitudinal care
- I want to start a new medication or need a psychiatrist to manage my current regimen
- I am okay with being billed through my insurance (CampusCare, public, or private insurance) with a co-pay.

Counseling

- I am having a mental health crisis
- I need short term care or want to discuss a specific problem
- I am interested in couples or group therapy
- I want a referral for longer-term care
- I would like a free resource

Resiliency Center

- I want to see someone who will not evaluate me later in medical school
- I need short term care or want to discuss a specific problem
- I am interested in receiving psychotherapy
- I would like to be evaluated for psychiatric medications
- I would like a free resource

OAPS

- I am comfortable seeing a psychology graduate student (supervised by a licensed psychologist)
- I am willing to pay \$10-15 out of pocket
- I am seeking treatment for something that does not require more intensive psychiatric care
- I want an unlimited number of appointments

NPI- The Illinois Neuropsychiatric Institute

- **Description**

- NPI is the main location for psychiatric services at UIC. It is also one of the possible locations where M3 students rotate for their psychiatry rotation. They treat a wide array of mental illness and have psychiatrists, psychologists, and licensed clinical social workers on staff.

- **Services**

- Inpatient psychiatry
- Mood and anxiety disorders program
- Addiction treatment program
- Psychotic disorders
- Women's mental health and reproductive psychiatry

- **Timing/Availability- Variable**

- **Logistics** (contact info, location, hours, etc.)

- To request an appointment, please call 312.996.2200
- 912 South Wood Street Chicago IL, 60612
- Mon - Fri: 9:00am - 5:00pm
- Services will be covered by CampusCare at 100% minus \$50/day for inpatient treatment and \$15/visit for outpatient treatment.
- Students on CampusCare will need to first see their PCP for a referral. Students with outside insurance should check with their individual companies to determine if they will need a referral.

- **Link to website**

- <https://www.psych.uic.edu/clinical/adult-services>

***NOTE: This is the only resource that is billed through insurance**

Back

UIC Counseling Center

- **Description**

- The Counseling Center offers brief individual and couples therapy in addition to ongoing group therapy or workshops. The individual sessions are offered on a limited basis, and if the student needs or desires long-term psychotherapy they will be given an external referral

- **Services**

- Individual, group, and couple's therapy
- Mind/body services
- Psychiatry and integrative medicine services
- Outreach services and programming
- Consultations and referrals

- **Timing/Availability**

- Limited amount of visits

- **Logistics (contact info, hours, location, etc.)**

- Student Services Building- 1200 West Harrison Suite 2010 Chicago, Illinois 60607
- Mon - Fri: 8:00am - 5:00pm ** Evening hours also available by appointment.**
- Phone: (312) 996-3490
- *Let's Talk* Drop-In Counseling: Student Center West Room 235 828 S. Wolcott Ave Chicago, Illinois 60612. Thursdays 4:00pm - 6:00pm
- Available as part of the Student Health Services Fee (regardless of insurance status). No extra cost.

- **Link to website**

- <https://counseling.uic.edu/>

Back

College of Medicine Student Resiliency Center

- **Description**

- Provides mental health services to UI COM medical and graduate students.
- Services are provided by clinicians who do not have any evaluative role for College of Medicine students.
- Provide up to six sessions of talk therapy lasting between 45 and 60 minutes each.
- Staffing is subject to change based on student body needs

- **Services**

- Patients will be triaged to either supportive psychotherapy with social worker Linzi Swisher, LCSW, or cognitive behavioral therapy (CBT) with psychologists Jaclyn Weisman, PhD, Gustavo Medrano, PhD or Jenna Duffecy, PhD.
- Telehealth
- Medication management

- **Timing/Availability**

- Appointments can be scheduled in advance or on an as-needed basis with the patient's assigned provider, which will be determined after the intake evaluation.
- An evaluation will be set up with one of the licensed clinical psychologists within one week.
- The walk-in clinic does not require an appointment. Clinicians will be available for walk-in evaluations. **(walk-in clinic on hold during COVID)**

- **Logistics (contact info, hours, location, etc.)**

- Location: 1601 W. Taylor Street Room 441
- Contact: contact Resiliency Clinic Director Jenna Duffecy, PhD. to initiate the intake process.
 - jduffecy@uic.edu 312-413-1225
- Available as part of the Student Health Services Fee (regardless of insurance status).
No extra cost.

- **Link to website**

- <https://chicago.medicine.uic.edu/education/md-student-services-and-support/resiliency-center/>

Back

OAPS- The Office of Applied Psychological Services

- **Description**

- OAPS is a mental health clinic in the Psychology Department at UIC. OAPS serves the UIC community, including faculty, staff, and students, as well as people living or working in the greater Chicago area. Clinicians at OAPS are advanced graduate students in UIC's Ph.D. Program in Clinical Psychology, which is accredited by the American Psychological Association. Sessions are recorded so that graduate student clinicians are appropriately supervised by a licensed clinical psychologist.

- **Services**

- OAPS offers therapy for adults, children, families, and couples.
- Therapy is available for a broad range of problems including depression, anxiety (e.g., O.C.D., panic disorder, social anxiety, separation anxiety, adjustment difficulties), trauma, substance use difficulties, relationship difficulties, parenting, emotion dysregulation, and personality disorders.
- OAPS is unable to treat some more serious concerns (e.g., active suicidal intent, psychosis, addiction requiring medical intervention). However, they will do their best to provide referrals to clinics that would be a better fit for your care.

- **Logistics (contact info, hours, location, etc.)**

- Hours: Monday – Thursday: 9 a.m. – 5 p.m.
- Fees: Set with a sliding scale based on income. Current UIC students pay \$10-15/session, though fees can be lowered.
- Location: In the Behavioral Sciences Building (BSB) on UIC's East Campus.
- Contact: Call 312-996-2540 and press "2" at the prompt to leave a message in the new client voicemail box. Your call will be returned within 1-2 business days.

- **Link to website**

- <https://psch.uic.edu/research-programs/clinical/office-of-applied-psychological-services>

Back

Bonus: CampusCare Psychiatry outside of NPI

Students may feel concerned about receiving care at NPI from a provider who does or may in the future supervise them in their studies or research. To receive treatment outside of NPI, students may **request a referral for out-of-network mental health care from their PCP**. Make sure that the **PCP notes you are a medical student** in this referral. This referral will then be sent to the CampusCare Medical Director, Dr. Potter, for authorization approval. A single referral and authorization will secure a specific number of visits, most often **6 sessions will be approved at a time**. Always be sure to keep track of the amount of approved appointments and when you will need to request an additional referral from your PCP. Once the referral has been approved the PCP or CampusCare Medical Director will provide the contact information and procedure to follow to schedule your appointment. Students may **receive treatment with either an external, pre-authorized provider or one of the external, contracted providers**. For these services the expected **cost remains the same** as the aforementioned in-network rates.

Copied from the the [Medical Student Health Care Guide](#)

