

IOWA STATE UNIVERSITY

Thielen Student Health Center

MENTAL HEALTH SERVICES



[CycloneHealth.org](https://cyclonehealth.org)

keeping campus healthy

MENTAL HEALTH SERVICES

Mental health issues, including depression, anxiety and stress reactions, are among the biggest health problems faced by university students and we strongly encourage you to seek help early either with Student Health or the Student Counseling Services if you are having problems.

Student Health providers can assist you with a broad spectrum of mental health concerns and issues such as depression, anxiety, ADHD, stress reactions or substance abuse. In addition, we have dedicated psychiatrists and nurse practitioners available for appointments.

Student Health works with Student Counseling Service and the Dean of Students Offices to help students identify ways to improve their academic performance, including medical treatment of ADHD, if this is deemed to be a problem. This is a process requiring student participation and demonstration of sincerity. If evaluated for ADHD, students should try to provide records of school report cards prior to attending Iowa State University, including elementary school.

Student Health offers comprehensive outpatient mental health care, from primary care through psychiatry. We screen students at every visit for mental health issues. All of our primary care physicians are skilled at identifying and initiating appropriate and personalized treatments for mental health problems, including referrals to the Student Counseling Service, to our staff psychiatrist and nurse practitioners.

Student Counseling Services, located in the Student Services Building, can also provide a variety of helpful services to students dealing with mental health concerns.

Additional information about Student Counseling Services can be found at counseling.iastate.edu.

APPOINTMENTS

To schedule an appointment, please call **(515) 294-5801**. When you call for an appointment, please be specific about your needs so that we can schedule you with the appropriate healthcare provider for the appropriate amount of time.



(515) 294-5801