

PSYCHOLOGICAL COUNSELING SERVICE
COVERED BY
STUDENT HEALTH SERVICE

The Student Health Service of Washington University Medical Campus provides both on and off campus psychological counseling services, offering you many options. Your wellness and privacy is always our goal.

For your convenience and privacy the Student Health Service Counseling Service has a separate office space located on the first floor of our building. Dr. Allyson Bass, Licensed Staff Psychiatrist, Dr. Kenton Wertman, Licensed Staff Psychologist, Dr. Rimiko Thomas, Licensed Staff Psychologist and Dr. Gladys Smith, Sexual Violence Prevention Therapist and Licensed Psychologist are available by appointment only. The Student Health Counseling Service is located at 4525 Scott Ave, 1st floor, Suite 1154, call for an appointment is (314) 362-2404.

A student does not need to see the Director or one of the physicians at the Student Health Service for a referral to see a Psychologist or Counselor. An interaction with a Student Health Service physician or mental health provider is necessary before seeing a Psychiatrist for evaluation and/or triage for efficiency in obtaining an appointment.

Priority is given to students whose concerns may have resulted in poor academic functioning. Students who are referred by a CAES Committee or by an academic advisor will be seen as soon as possible. **The student's written consent is required for communication between the school and their provider on any issue regarding an individual's mental health.**

Student Health Service makes every effort to ensure the student's privacy. Records regarding psychiatric or psychological care are kept separate from the student's regular medical chart. A student's provider is the only individual with access to these records.

Coverage for services related to an alcohol or drug dependency is the same as any other hospitalization, with an inpatient limit of thirty days.

The initial assessment session is provided free of charge. For subsequent visits, a student pays a \$10.00 co-payment directly to their provider. Research demonstrates that some financial contribution increases a student's investment in counseling. Students are charged \$40.00 for appointments missed without proper notice.

Students are encouraged to make an appointment with one of the physicians at Student Health or talk to one of the nurses if they are having difficulty making an appointment or not pleased with the evaluation and/or treatment. Psychological concerns maybe treated with counseling, medication alone, or both in combinations. Primary care physicians at Student Health are comfortable evaluating the appropriateness of medication.

In addition, Student Health Service has partnered with ENI, a Balance Works benefit, Student Assistance Program (SAP) for all enrolled students and their immediate family members. This service is provided to enable students to obtain the best possible education and assist with issues that may have an impact upon your personal live and your school performance.

Students and their immediate family members can contact ENI 24 hours a day, seven days a week to arrange a confidential appointment off-campus with an SAP (Student Assistance Program) specialist. SAP specialists have professional training and expertise in a wide range of issues such as academic problems, eating disorders, credit problems, adjusting to school, marriage and family problems, alcohol and drug abuse, emotional and psychological concerns, financial difficulties, stress and much more. The program is managed by ENI, a nationally known professional consulting firm specializing in SAP services.

Students are also encouraged to seek the support of peer groups such as Student Support Services and the Student Advisory Committee. These groups seek to provide an avenue by which students can learn to balance their own needs in the midst of their graduate training.

A detailed description of these benefits can be found on the Student Health Service web-site:
<http://wusmhealthservices.wustl.edu>.

WASHINGTON UNIVERSITY STUDENT HEALTH
PSYCHOLOGICAL SERVICES

Student Health Counseling Service

On-Campus (314) 362-2404

Dr. Allyson Bass – Staff Psychiatrist
Student Health Service 4525 Scott Ave
1st floor, Suite 1154 (referral only)

**Dr. Gladys Smith - Sexual Violence
Prevention Therapist and Licensed
Psychologist**

1st floor, Suite 1154

Dr. Rimiko Thomas – Staff Psychologist

Student Health Service 4525 Scott Ave
1st floor, Suite 1154

Dr. Kenton Wertman – Staff Psychologist

Student Health Service 4525 Scott Ave
1st floor, Suite 1154

**PSYCHOLOGIST OR COUNSELOR
OFF-CAMPUS**

Dr. Gregory Goldman
7110 Oakland, Suite 105
Richmond Heights, MO 63117
PHONE: (314) 884-8075

Susan Hubbard, MSW
1750 Brentwood Blvd, Suite 501
St. Louis, MO 63144
PHONE: (314) 968-3839

Sherie Kaplan, MSW
130 S. Bemiston Ave, Suite 704
St. Louis MO
PHONE: (314) 367-7470

Dr. Sharon Lightfoot
4231 Laclede Ave
St. Louis, MO 63108
PHONE: (314) 289-9981

Jeffrey Piper, MSW
130 S. Bemiston Ave, Suite 506
St. Louis MO
PHONE: (314) 361-5983

Dr. Tom Wagner
8000 Bonhomme, Suite 321
St Louis, MO 63105
PHONE: (314) 503-8080

STUDENT ASSISTANCE PROGRAM

Balance Works SAP Service
Free • Confidential • 24/7
800 – 327 – 2255 Option 3
www.mybalanceworks.com

PSYCHIATRISTS – ON/OFF-CAMPUS

Dr. Robert Brady
8301 Maryland, Suite 330
St. Louis, MO 63105
PHONE: (314) 721-3381

Dr. Shauna Shah
8301 Maryland, Suite 330
St. Louis, MO 63105
PHONE: (314) 721-3381

Dr. Afshan Sultana
8301 Maryland, Suite 330
PHONE: (314) 721-3381

Dr. Stacey Smith
4660 Maryland Ave.,
St. Louis, MO 63108
PHONE: (314) 361-8566