

How to Make an Appointment

DO YOU NEED IMMEDIATE CARE?

Yes *After Hours:*

CALL WESTLANDS DESK AT 914.395.2222 OR CALL 911

Monday to Friday (9 am to 5 pm):

WALK IN TO THE HEALTH & WELLNESS CENTER

No

CALL US AT 914.395.2350

OR

GO ONLINE (MY.SLC.EDU/HEALTH) TO **SCHEDULE** A 30 MINUTE CONSULTATION; AFTER YOUR CONSULTATION, YOU AND THE CLINICIAN WILL DECIDE UPON A **TREATMENT PLAN**

ON-CAMPUS REFERRAL

OFF-CAMPUS REFERRAL

We will work with you to identify appropriate off-campus providers

INTAKE APPOINTMENTS

Treatment Options

BRIEF INDIVIDUAL THERAPY

45 minutes/week;
time-limited
(six sessions)

GROUP THERAPY

60-75 minutes/
week; not time-
limited

SELF-MANAGEMENT SESSIONS

30 minutes biweekly;
flexible timing