Emmons
WELLNESS CENTER

MENTAL HEALTH CARE @ OXY

1 EMMONS COUNSELING

- Short-term therapy model; **NO** session limits
- Services are confidential, free-of-charge, & open to all Oxy students
- Therapists can help connect you to longer-term and/or specialized care if needed

To get connected to any of the confidential services at Emmons, call (323) 259-2657 or schedule through your student health portal at myhealth.oxy.edu.

2 TIMELYCARE APP

- A medical and mental health platform offered to all Oxy students free-of-charge,
- Up to **12 scheduled counseling visits** per academic year
- Confidential services & your insurance is not billed
- TimelyCare also offers **24/7, on-demand mental health support** through its TalkNow feature

Download TimelyCare here!

3 OFF-CAMPUS THERAPY

- Longer-term therapy, weekly sessions, and/or sessions over school breaks
- See a therapist with a certain specialty, expertise, or identity

More info here!

NEED HELP NAVIGATING CARE?

Check out the information and resources on our website by scanning here!

CRISIS RESOURCES

Emmons Walk In Hours

- Emmons Counseling has walk-in hours Monday- Friday from 1 pm to 3 pm
- Call a head or just walk in; it's up to you!

Mental Health Crisis Line

- If you or anyone you know are having a mental health crisis, **call Oxy's 24/7 crisis line at (323) 341-4141** to speak to a licensed mental health clinician
- Crisis line counselors respond in 3-5 mins & will assess for safety first

TimelyCare App

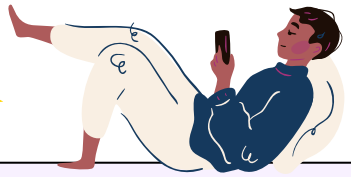
- The TalkNow feature connects students to a licensed therapist within 5 minutes via text, phone or video & is available 24/7

More crisis resources here:

HOW TO CONNECT TO

OFF-CAMPUS THERAPY

Do you want longer-term therapy, weekly sessions, and/or sessions over school breaks? Do you want to see a therapist with a certain specialty or identity? There are many reasons to connect to off-campus therapy. Here's how to start!



1 IDENTIFY YOUR HEALTH INSURANCE

All enrolled students have health insurance—either the Oxy Student Health Insurance Plan (Aetna) or another private insurance source, usually through your parents.
If you're not sure of your insurance carrier, reach out to Emmons at emmons@oxy.edu.

2 FIND OUT THE COST OF MENTAL HEALTH SERVICES

Call your insurance provider or login to your insurance's web portal to see your plan details. You can call your insurance and ask them to explain your mental health benefits and your out-of-pocket costs for talk therapy.

3 CONSIDER IN-PERSON OR TELEHEALTH

There are pros and cons to both telehealth and in-person therapy sessions. Some therapists offer both. Consider if you have the means or time to get off campus, or if you can access private space for telehealth sessions.

4 SEARCH FOR A THERAPIST

Search PsychologyToday.com's therapist finder or another directory such as Latinx Therapy, Alma, Clinicians of Color, or Los Angeles-specific Zen Care, and filter by your insurance and in-person or telehealth. Look for people with LCSW, LMFT, Psy.D, LP, or LPCC credentials.

5 SCHEDULE CONSULTATIONS

You can schedule free consultations with therapists to see if they are a good fit. Feel free to schedule multiple sessions to look around!

Check out Emmons for more info!

Emmons WELLNESS CENTER