

WELCOME TO ORIENTATION!

Health & Well-being

Learn about opportunities to optimize
and care for your health at George Mason.



University Life
**NEW STUDENT AND
FAMILY PROGRAMS**
George Mason University®

Join us for a game of BINGO!

- Grab a BINGO card and a pen from the back of the room
 - Large print bingo sheets are available at the front
- Mark off boxes as they get mentioned or as they happen during the presentation
- The first person to get BINGO should hold their bingo card up so the panel can see it.
- First BINGO gets a prize!

Counseling and Psychological Services (CAPS)

Provides free and confidential services for currently enrolled Mason students.

Phone: 703-993-2380

Website: caps.gmu.edu

Instagram and Twitter: [caps_gmu](#)

Services offered at CAPS

- Individual therapy
- Group therapy
- Psychiatric services
- Referral services & Case management
- Daytime & After-hours on-call crisis support
- Skills-based workshops
- Presentations and outreach events
- Consultation with faculty, staff, parents, and/or students

How to schedule an appointment

- During regular business hours, call CAPS main number (703-993-2380) or visit CAPS (SUB 1, Room 3129).
- After normal business hours and weekends, our main number connects to an after-hours crisis service.

If you are ever concerned about someone's immediate physical safety, call George Mason Police as soon as possible.

*Our business hours are subject to change. Please visit our website for updates

TimelyCare

Mason Students have FREE access to TimelyCare – a virtual mental health and well-being platform crafted specifically for college students.

Find out more about the resources available online at timelycare.com/gmu or download the app from the Apple store or Google Play.

Services Include:

TalkNow

24/7, on demand emotional support to talk about anything, including anxiety, relationships, depression, and school-related stressors.

Psychiatry

Scheduled appointments are available through referral by CAPS, Student Health Services, or a TimelyCare counselor.

Scheduled Counseling

All Mason students are eligible for up to 12 free sessions.

Health Coaching

Develop healthy lifestyle behaviors for nutrition, sleep habits, time management, and mindfulness.

Disability Services

Fosters a university where programs, services, and environments are inclusive, welcoming, and proactively accessible to all.

Phone: 703-993-2474

Website: ds.gmu.edu

Who is Disability Services

- Provide academic accommodations
- Student initiated process
- Make sure the university is accessible (technology, pathways, organizations, events, classroom, etc.)
- Investigate student ADA concerns
- Assist with managing Office for Civil Rights communication
- Confidential - students are not identified
- Educate the campus community and community
- Advocate for students when appropriate
- Build partnerships to support students

How to connect with Disability Services

Eligibility to Connect with Disability Services

- Has a physical or mental impairment that substantially limits one or more major life activities of such individual.
- Has a record of such an impairment
- These include, but not limited to, anxiety, depression, learning disabilities, diabetes, medical conditions.

Registering with Disability Service: <https://ds.gmu.edu/process/>

- Step 1: Complete form and submit documentation from a healthcare provider on the disability/condition.
- Step 2: Meet with a Disability Services Specialist to review your disability/condition and to review accommodations and the process to provide Accommodation Letter to Professors.

How to connect with Disability Services cont.

A student can connect with Disability Services at any time in their college career. If you need Americans with Disabilities Act (ADA) related accommodations, it is best to connect with Disability Services early on in your college career. Accommodations are not retroactive.



Student Health Services

Provides accessible and confidential medical care for all George Mason students.

Phone: 703-993-2831

Website: shs.gmu.edu



Variety of services available to keep students healthy

Our doctors, nurse practitioners and nurses provide primary and acute medical care:

- Diagnosis and treatment of illness and injury
- Routine physical exams & vaccinations
- On-site lab testing
- and more...

There is no cost to speak with a healthcare provider (no office visit fee).

There are fees for supplies, vaccines, some procedures. Our fee list is online.

Student Health is available by appointment

- Call 703-993-2831 to schedule an appointment or schedule online.
- Same-day appointments for those with acute care needs.
- Video telehealth and in-person appointments are available.
- Clinics on the Fairfax, Mason Square and SciTech campuses.
- If Student Health is closed, call & follow prompts to speak with the free nurse advice phone service.



Student health insurance plan available

A student health insurance plan and a dental insurance plan are available for purchase.

- Domestic students are not required to have health insurance, but it is encouraged.
- Students with F1 or J1 visa status will be automatically enrolled in the health insurance plan when they register for classes.
- Students are seen at Student Health regardless of insurance status.
- [Visit shs.gmu.edu/insurance for plan details.](https://shs.gmu.edu/insurance)

Certificate of Immunization is due January 15

- All new students must submit George Mason's Certificate of Immunization form and supporting documentation.
- The form must be transcribed (completed & signed) by a healthcare professional. Student Health offers this service for a fee.
- Don't wait! Take care of this now to avoid a \$50 late fee or hold placed on your student account.
- Visit shs.gmu.edu/immunizations to download the specific form & follow the steps to submit on time.



Student Support and Advocacy Center

The vision of the Student Support and Advocacy Center (SSAC) is to help create a healthy and safe Mason community. We provide an array of support services and educational opportunities to support students who might need a bit of assistance to continue being successful.

Phone: 703-993-3686

Website: ssac.gmu.edu

SSAC Functional Areas

Students in Distress



Provides general support to students and assists with resource referrals for a variety of challenges such as mental health, academic support, etc.

Basic Needs Services



Connects students with resources to address food and housing insecurity.

Patriot Pantry



On-campus food pantry that provides non-perishable food and personal hygiene items to students experiencing food insecurity.

SSAC Functional Areas

Sexual & Interpersonal Violence



Offers confidential support for students who have experienced sexual and interpersonal violence; conducts programming related to education and prevention.

Respondent Services



Provides confidential services for students responding to a Title IX allegation.

Substance Use & Recovery



Fosters a recovery community and provides one-on-one and peer group support for students concerned about alcohol or drug use.

Financial Well-Being



Educates students about personal finances, creating a budget, managing credit, understanding financial aid options, and other financial concerns.

Connect With Us | ssac.gmu.edu



Tips to support your overall well-being

- Have conversations as a family about health and well-being to prepare for a new stage in life.
- Attend campus health and well-being events. Find events on Mason360.
- Practice self-care.
- Reach out if support is needed. There are many resources at Mason or locally.





Questions?

Offices



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Please complete this
quick feedback survey for
this presentation!

