

# Welcome to Orientation!

## Health & Well-being

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



# 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](https://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
- Outreach events
- Consultation with faculty, staff, parents, and/or students

# How to schedule an appointment

- During normal 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.



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# 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](https://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



# 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.

# How to connect with Disability Services

- 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

**Students 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 Mason students.

Phone: 703-993-2831

Website: [shs.gmu.edu](https://shs.gmu.edu)

# A 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
  - Help managing chronic health concerns
  - 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.

# How to schedule an appointment with Student Health

- To schedule an appointment:
  - Call 703-993-2831
  - Online in the Patient Portal
- 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 August 1, 2025

- All new students must submit George Mason's Certificate of Immunization 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 early to avoid a \$50 late fee or hold placed on your student account.
- Visit [shs.gmu.edu/immunizations](https://shs.gmu.edu/immunizations) to download the specific form & follow the steps to submit on time.



# 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.



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# Questions?



# Offices



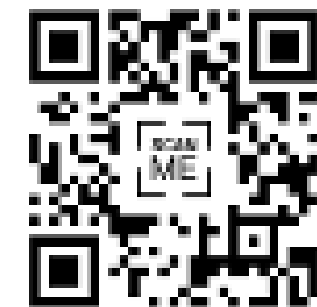
**Counseling and  
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**Student Health Services**  
[shs.gmu.edu](https://shs.gmu.edu)



**Disability Services**  
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