

Comparing Student Counseling Services and the Boynton Mental Health Clinic

	Student Counseling Services	Boynton Mental Health Clinic
Therapy	SCS offers confidential short-term individual counseling, focusing on mental health and life concerns.	Boynton offers confidential short-term individual counseling. Boynton also offers couples therapy.
Crisis	SCS offers same-day counseling for crises or urgent care.	Boynton also offers same-day counseling for crises or urgent care.
Groups	SCS offers a range of support groups. For a list, see z.umn.edu/SCSGroups .	Boynton also offers several support groups. For a list, see z.umn.edu/BoyntonGroups .
Medication	SCS does not prescribe or manage medication. Counselors often refer students to Boynton for medication evaluations and coordinate care.	Boynton offers medication assessment and management. Therapists coordinate with psychiatrists and primary care physicians to prescribe medication.
Chemical Health	SCS does not have a program specifically aimed at chemical health.	Boynton offers alcohol and chemical health counseling, focusing on substance use.
Academic Support	SCS offers Student Academic Success Services, geared toward greater efficiency and effectiveness.	Boynton does not have a program specifically aimed at academic support.
Career Support	SCS offers support through the process of selecting and developing a career.	Boynton does not specifically focus on career support.
Cost/Insurance	SCS has no co-pay and does not bill insurance.	Insurance is billed, and you may have a co-pay depending on your plan. Graduate students on the Grad Assistant Health Plan have a \$10 co-pay per visit.
Session Limit	Depending on their needs, students are allotted up to 15 visits per year, with a 25 visit lifetime total. However, SCS will consider further visits on a case-by-case basis.	Depending on their needs, students are allotted up to 11 visits per year. However, Boynton will consider further visits on a case-by-case basis.
Contact & Location	East Bank: 340 Appleby Hall St. Paul: 199 Coffey Hall 612-624-3323 counseling@umn.edu	East Bank: 3rd Floor of Boynton St. Paul: Coffey Hall 612-624-1444

FAQ

Q: I am a course instructor or teaching assistant. Do I need to worry about running into one of my students at therapy or group sessions?

A: There are not separate waiting rooms for undergraduates and graduates, so there is the possibility you will encounter students. However, if you join a therapy group and one of your students is in the group, alert SCS and Boynton and they will address the issue.

Q: Will I receive therapy from a grad student or other trainee?

A: Boynton does not typically have graduate student trainees. SCS does train counseling graduate students. However, counselors do not work with clients with whom they have a preexisting relationship.

Q: When is the busiest time?

A: At both SCS and Boynton, the busiest time is between October - finals/mid-December. Spring and summer are generally less busy than Fall.

Q: How do I set up an appointment?

A: First appointments need to be made in person at both Boynton and SCS. At your first appointment, you will fill out paperwork and an online survey related to your medical and personal histories. You will then meet with a clinician to assess your needs and to decide on the next best step for you.

Q: I am a member of a minority demographic group. How will my specific needs be met?

A: Both SCS and Boynton employ counselors with a variety of backgrounds. While scheduling your initial appointment, you can ask to work with someone with a particular gender, race, ethnic background, sexual orientation, or spoken language. All counselors at both SCS and Boynton are also allies.