How Bard Students Can Access Mental Health Services If They Are Learning Remotely and During Winter Break

We know that many students need ongoing mental health support as they navigate remote learning as well as during academic breaks. Below is some guidance about how to access counseling services wherever you are. Feel free to contact us at counselingservice@bard.edu with any questions.

- Students who are enrolled in Bard Counseling and remain in the state of New York for the remainder of the fall semester will be able to continue with their Bard counselor until winter break begins.

- Students who are currently enrolled in Bard Counseling and will be leaving New York State will be unable to receive ongoing counseling services. This is due to state licensing laws that prohibit providing mental health services across state lines. In this case, Bard counselors will be able to provide one additional session to check in once the student is home, and can assist in finding services locally, wherever the student lives.

- Students who hold the Bard student insurance (CDPHP) should be able to find a network of local mental health providers wherever they live. Margaret Wallace is the Bard contact at the insurance company and will know what the affiliate insurances are in different areas of the country. Here is her contact information: Margaret Wallace 914-922-9260 | mwallace@ajfusa.com
  
  www.mystudentmedical.com

- For students who live in the tri-state area, which includes New York, New Jersey, and Connecticut, the college has an additional option called the Bard–Montefiore Student Counseling Referral Program. By calling the Bard designated 800 number (800-401-4822) students have access to a large network of mental health providers, including psychiatry. When students call the number they will be speaking with a program associate who can connect them with a therapist who takes their insurance, offers the specialty or expertise the student may be seeking, and can provide an appointment within one to two weeks. There will most likely be a copay for sessions.

- All support groups currently being offered by Peer Health and BRAVE, as well as Bard Counseling workshops and presentations, are open to all Bard students wherever they are.

- Please note that the Bard Counseling Service will be unavailable between December 19, 2020 and January 9, 2021 for regular counseling sessions, but is available for crisis after-hours emergencies. During the winter break students who remain on campus or in the Bard area and are having a mental health emergency can call Bard Security at 845-758-7777 and ask to speak with the counselor on call.
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Additional mental health emergency resources are available:

If you or someone you know is experiencing a mental health crisis, there is always someone to talk to.

If you are a currently enrolled Bard student and are on campus or living in the Bard area, please call Bard Security at 845-758-7777 and ask to speak with the counselor on call.

If you are outside the Bard area, or prefer to use other emergency resources, call 911 or contact one of these numbers for immediate help.

ULIFELINE 24/7 CALL 800-273-TALK (8255)

crisistextline.org 24/7 Text HOME to 741741

Trevor Helpline 4 LGBTQ Youth 24/7 Call 866-488-7386 or Text START to 678-678

Dutchess County Helpline 24/7 Call or Text 845-485-9700

Family of Woodstock 24/7 Call 845-679