

Summary of Hopkins Wellness Team in 02/12/2024 GC meeting

Updates of the Integrated Electronic Health Records

- Now you can send a message to primary care and mental health care from the student MyHealth portal, including requests for information or appointments.
- The new system supports an integrated and collaborative primary care and mental health service across three locations: Homewood, East Baltimore, and Washington DC.

Student Health and Wellness Center (aka Primary Care)

- Primary Care provides a variety of medical services for the evaluation and treatment of an illness or injury, preventive health care, and health education.
 - o General services include in-person & telemedicine visits, immunizations, labs, medication dispensary, routine physicals, sexual & reproductive health care, gender-affirming care, nutrition consultations, acute care for illness and injury, management of chronic conditions, and specialist referrals.
- See locations and hours here: <https://wellbeing.jhu.edu/PrimaryCare/contact-information/>
 - o A nurse triage service is available to answer medical questions when our clinics are closed. See more information [here](#).
- Appointments can be booked by calling (410) 516-8270. Visit <https://wellbeing.jhu.edu/making-an-appointment/> to check eligibility. Online booking options will be available soon.
- All eligible JHU students have the following insurances: [Wellfleet](#) (medical insurance), [Delta Dental](#) (dental insurance), and [EyeMed](#) (vision insurance).
 - o Questions about the Hopkins health benefits plan? Visit <https://jhu.mycare26.com/> for more information about coverage, cost, and enrollment periods.
- Need to talk about sexual violence or misconduct? Call 410-516-7333, the JHU 24/7 sexual assault helpline.
- Gender-based violence prevention, education, and response are available. More information [here](#).

Mental Health Services

- Various services are available at Mental Health Service-Homewood such as goal-oriented therapy, group therapy, psychiatric evaluation and medication management, suicide prevention training, and more.
- Appointments can be booked by calling 410-516-8278 to schedule an appointment. Visit <https://wellbeing.jhu.edu/making-an-appointment/> to check eligibility. Online booking options will be available soon.
 - o A same or next-day initial consultation will be provided to students who requested an appointment. The initial consultation will be a 20-25 min Zoom call, and a clinician will make recommendations for care.

- Need a confidential self-assessment tool? Try the interactive screening questionnaire for stress and depression at <https://jhu.caresforyou.org/welcome.cfm>
- Need help right now? [TimelyCare TalkNow](#) is an on-demand telehealth service that connects you to a clinician for support, any time you need it.
- In a behavioral health crisis or concerned about someone else? Call the JHU Behavioral Health Crisis Support Team at 410-516-9355.

Student Disability Services (SDS)

- SDS accommodation process: student completes SDS application [here](#) -> uploads documentation -> meets with SDS -> student notifies faculty.
- Check out the [Breaking Down Barriers newsletter](#) to see monthly updates and reminders about SDS and disability related events.
- Accessible rides can be requested through the Transportation app. See more information about accessible transportation [here](#).