Get “a checkup from the neck up”

Are you feeling a little down these days? Worrying about upcoming projects or exams? Wondering if you might be drinking too much?

Student Health and Counseling has a new offering beginning this fall that may help you shed light on these questions. The SHAC website has a link to anonymous online mental health screenings designed to assess a variety of common mental health concerns, including depression, anxiety, bipolar, eating disorders, alcohol use disorders and post-traumatic stress disorder.

These screenings are a quick and convenient way to determine if you or someone you care about may need to see a medical provider or mental health counselor. They are not meant to give you a diagnosis, but simply to offer some education and guidance about possible next steps.

Just go to the site (go.carleton.edu/SHACscreening), choose the concern that is most applicable to you, and answer the questions. After doing so, you will immediately get results, which are not shared with anyone else and are completely anonymous. In addition, there are articles and information on the site focused on the mental health themes mentioned above.

As always, we encourage you to come to SHAC for individual counseling or contact our on-call phone counseling line (855-705-2479) if you feel that would be helpful for you. If you’re just not sure, this new online screening tool may give you the answers you need.

Bring a friend to this year’s flu shot extravaganza!

Student Health and Counseling invites all students to our annual flu vaccination clinics coming up next month! Bring your roommate, your friend from Spanish, or the guy from down the hall. All are welcome!

WHO: All Carleton students
WHAT: Flu Shots or Flu Mist—$35
WHERE: Severance Great Hall
WHEN: Wednesday, October 28, from 12-4 p.m.
Thursday, October 29, from 4-8 p.m.
WHY: To keep our campus healthy during this flu season!
HOW: Show up at the Great Hall during the flu clinic hours. If you have the Carleton Student Injury & Sickness Plan, just bring your insurance card. All others will pay with cash, OneCard/Schillers, or a student account charge and will be given a receipt to submit to their insurance provider for reimbursement.

According to the CDC, it’s not possible to predict what this flu season will be like. Flu seasons are unpredictable. Be prepared!
SHAC launches online pre-appointment forms

Student Health and Counseling rolled out our new mySHAC Patient Portal this summer, and we’re excited about all of its new features! It is designed to help us provide the best possible care to our students.

The user-friendly mySHAC portal allows students to complete pre-appointment forms online. No more clipboards and stacks of paper forms to complete!

Students are encouraged to sign into their mySHAC home page to check for forms required for their upcoming appointment(s). These forms may include a once-per-year comprehensive health history form, a one-time counseling intake form, or consent forms. Students have the option of completing the forms in the comfort and privacy of their room, or can come early to SHAC and fill them out in our reception area.

No forms to fill out? Just login to check out what mySHAC can do for you! It makes scheduling medical appointments, secure messaging your provider, and managing your immunizations so easy!

*We thank students in advance for their patience with us as we get this process fine-tuned. Please know that a few moments of your time will give us the information we need to take the best possible care of you!*

Anxiety: a common companion for college students

"Anxiety has now surpassed depression as the most common mental health diagnosis among college students," even though depression is also increasing among young people. In fact, "more than half of students visiting campus clinics cite anxiety as a health concern", according to a recent study of more than 100,000 students nationwide by the Center for Collegiate Mental Health at Penn State. A yearly survey conducted by the American College Health Association found that "nearly one in six college students has been diagnosed with or treated for anxiety within the last 12 months."

Unlike the relatively mild, brief anxiety caused by a specific event (such as speaking in public or a first date), severe anxiety that lasts at least six months is generally considered to be a problem that might benefit from evaluation and treatment, according to the NIH’s National Institute for Mental Health (NIMH). Each anxiety disorder has different symptoms, but all the symptoms cluster around excessive, irrational fear and dread. Anxiety disorders commonly occur along with other mental or physical illnesses, including alcohol or substance abuse, which may mask anxiety symptoms or make them worse.


SHAC counseling staff is here to assist students struggling with anxiety. Feel free to call or stop in to schedule an appointment. For 24/7/365 telephone counseling, call 855-705-2479. You can also log onto the SHAC website and complete an online mental health screening ([go.carleton.edu/SHACscreening](go.carleton.edu/SHACscreening)).