

# HOW CAN I COPE WITH MY ILLNESS AND STAY WELL WHILE BEING A STUDENT?

- Take the medications the treatment team at the hospital prescribed to you. Know what they prescribed them for and potential side effects. The hospital will typically send you home with a prescription. Try to fill this as soon as possible.
- If you don't have a psychiatrist and were given prescriptions, work with your support resources (family, Care Management, Counselor, Psychologist) to get connected.
- Try to maintain a regular sleep schedule and do things for your own self-care.
- Learn as much as you can about your illness and follow treatment recommendations: counseling, group therapy, medication, etc.
- Practice using the coping skills you may have learned in the hospital.
- Listen to your treatment team and ask questions about taking a break from school if that is in your best interest. If this is the case, you can work with staff on campus to help you develop a plan for transitioning back when you are ready and feeling well again.

## XAVIER UNIVERSITY WELLNESS SUPPORT RESOURCES

### Care Management Services

513-745-4391

[www.xavier.edu/dean-of-students](http://www.xavier.edu/dean-of-students)

### Counseling Services

513-745-3022 ext. 2

[www.xavier.edu/health-wellness](http://www.xavier.edu/health-wellness)

### Health Services

513-745-3022 ext. 3

[www.xavier.edu/health-wellness](http://www.xavier.edu/health-wellness)

### TriHealth Wellness Coaching

513-745-3171

[www.xavier.edu/health-wellness](http://www.xavier.edu/health-wellness)

### Psychological Services Center

513-745-3531

[www.xavier.edu/psychologicalservices](http://www.xavier.edu/psychologicalservices)

### Disability Services

513-745-3280

[www.xavier.edu/disability-services](http://www.xavier.edu/disability-services)

### Title IX Office

513-745-3046

[www.xavier.edu/titleix](http://www.xavier.edu/titleix)

### Student Success Center

513-745-3006

[www.xavier.edu/success/success-coaching](http://www.xavier.edu/success/success-coaching)

# XAVIER UNIVERSITY

## GUIDE FOR STUDENT HOSPITALIZATION



ALL FOR ONE

DEAN OF STUDENTS OFFICE  
GALLAGHER CENTER 300  
513-745-3166 OR 513-745-4391

## WHY WAS I REFERRED TO THE HOSPITAL?

If an on-campus clinical professional believes your symptoms are severe and/or you are a danger to yourself or others, University protocol requires you to be evaluated at a hospital.

## WHAT HAPPENS AT THE HOSPITAL?

It is natural to feel a lot of emotions when you are referred to the hospital for an assessment. Knowing what to expect can sometimes make you feel less anxious.

Each person's process is different. In most cases, you will begin by being taken to the hospital by Xavier Police.

Xavier Police provides transportation as staff cannot drive students to the hospital. You will begin by being seen in the Emergency Room.

Hospital staff will check with you to make sure you are safe. This could include a psychiatric nurse, social worker or doctor. During this time, it is important to answer all questions as honestly as possible.

After this meeting, the hospital staff will let you know if you are being admitted to the hospital or discharged.

## WHAT HAPPENS IF I AM ADMITTED TO THE HOSPITAL?

It is encouraged that students sign a release of information so that the hospital staff (doctors, social workers, etc) can communicate with Xavier staff (your counselor and the Care Management staff) on your behalf.

## HOW LONG WILL I HAVE TO STAY?

If voluntary admission, the length of stay will be determined by you and the hospital staff.

## WHAT ABOUT CLASSES AND HOW CAN THE UNIVERSITY HELP?

You will be excused from missing school or work in the same way that you would be if you were hospitalized for a medical or non-psychiatric illness.

Upon your request, the Care Management staff can arrange to have an email sent to your professors by the Dean. The email will provide minimal information to ensure privacy. If you have a professor who refuses to accommodate your absence, it might be helpful to check back in with Care Management Staff.

## RETURN TO XAVIER

The most important thing is that you take care of yourself.

It is expected to have questions about the transition back to Xavier following a referral to the hospital, please contact the Director of Care Management Services for assistance.

The role of Care Management Services is to assist students with a broad range of issues. Those can include academic, social financial, health-related concerns or a combination of all of the above.

The Care Management staff can assist you with getting back to your classes, communicating with your professors and making sure you have the resources to support the treatment recommendations you received at the hospital.