

Initial Psychiatric Appointment Request Form

In order for us to efficiently serve new patients, we require that they answer the questions below to help us direct them to the appropriate offices for mental health services. Complete this form and upload to the health portal (<https://binghamton.medicatconnect.com/>) under “mental health forms” or fax it to our office at 607-777-5280.

Once you have completed and returned the answers to these questions, we can provide further direction on our process and the information we need. Read all questions and information provided on this form. If you have questions, send us a message (in the health portal, use PSYCHMSG as recipient). If you are unable to complete the form call us at 607-777-3711.

Keep checking your health portal messages for our reply with further instructions after you have sent in your information.

Note: We do not have urgent or emergent appointments available, if your concern is acute and you need to speak to someone right away, call the University Counseling Center at 607-777-2772 or call the Binghamton General Hospital crisis line at 607-762-2302.

Answer all questions:

1) Why are you seeking an appointment with a psychiatric provider? Answers can be basic, like “depression” or “anxiety” or “attention concerns,” etc. or more detailed as needed. If you are seeking counseling and not medication evaluation/management, call the University Counseling Center at 607-777-2772 for an appointment.

Answer:

2) Who is your current therapist/counselor, when have you last seen them, and when is your next appointment scheduled? (We require students to be actively engaged in counseling services before we will schedule them for an intake; call the University Counseling Center at 607-777-2772 if you need help finding a counselor/therapist.)

Current counselor/therapist:

Last appointment attended:

Next appointment scheduled:

3) Are you interested in considering taking a medication for your symptoms? (Our appointments are primarily for evaluation for prescription medication management.)

Answer:

4) Are you currently on any medications prescribed by any current medical provider? If yes, list all names of medications and amount of medication/refills you have left. If you need refills urgently, you will need to contact your current provider; our intake appointments can be scheduled 2–3 weeks out, and we will not provide refills for patients we have not seen for an intake.

Answer:

5) Have you tried psychiatric medications in the past that you are no longer taking? If yes, provide name(s) of medication(s), the name of the most recent psychiatric provider you have seen and the date you last saw them.

Answer:

***Notice for students seeking medication for established or new Attention Deficit Hyperactivity Disorder. We generally do not provide refills for students on stimulant medications for uncomplicated ADHD; patients most often stay with their home providers and see providers over breaks for appointments/refills to be sent. If your home provider is unable to do this, we recommend finding an off-campus primary care doctor locally to take over care. Students often use UHS hospital system clinics (<https://www.nyuhs.org/care-treatment/primary-care>) for off-campus primary care providers if needed for regular care. Our on-campus Student Health Services Center does not refill stimulants. If you are not diagnosed but feel you do suffer from ADHD and are looking for a diagnostic evaluation for ADHD, we can provide you a list of local off-campus private practice psychologists who test for attention issues; we do not do this type of testing on campus.

6) Would you like a list of ADHD testing providers sent to you?

Answer:

Once you submit the form, it will be reviewed (during business hours, 8 a.m.–4 p.m. Monday–Friday), and we will message you through the health portal to request additional information or to schedule an intake appointment. All of our intake appointments are during business hours, are IN PERSON and can run up to 2 hours long. If you have any questions, send a message in the health portal or call 607-777-3711.