
BUDGET UNIT BRIEF – FY 2023

Fiscal Services Division

July 1, 2022



Ground Floor, State Capitol Building

Des Moines, Iowa 50319

515.281.3566

Expanded Student Mental Health Services

Purpose and History

Expanded Student Mental Health Services funds are provided to the Board of Regents to be distributed to Regents institutions to expand mental health care.

Current Services on Campus

University of Iowa

The University of Iowa offers mental health services through the University Counseling Service. The services include group therapy, individual therapy (designed to be short term), relationship therapy, eating disorder therapy, and substance abuse recovery services.

Iowa State University

Iowa State offers mental health services through both Student Counseling Services and the Office of Student Health. Student Counseling Services offers individual therapy (4-8 sessions), group counseling, crisis counseling, and disordered eating services. Student Health offers comprehensive outpatient mental health care, from primary care through psychiatry. Students are screened at every visit for mental health issues. Screening is also offered online.

University of Northern Iowa

The University of Northern Iowa Counseling Center provides clinical mental health services, outreach programming, and a training program to support the mental health of the campus community. The Center provides therapy groups, crisis appointments and five individual therapy sessions per academic year. More than five sessions are available, but are billed to the student's health insurance company. The center also provides substance abuse services and couples counseling.

Budget Unit Number

6150LE50001

Doc ID 1305765

More Information

University of Northern Iowa Counseling Center: wellbeing.uni.edu/counseling-center

University of Iowa University Counseling Service: counseling.uiowa.edu

Iowa State University Thielen Student Health Center: health.iastate.edu/services/mental-health

Iowa State University Student Counseling Services: www.counseling.iastate.edu

LSA Staff Contact: Michael Peters (515.281.6934) michael.peters@legis.iowa.gov