

Resources for Well-Being at Bennington College

*italicized writing is directly from the [Bennington College website](#), links are provided for pages where this and other helpful information can be found.

On-Campus Emergencies: *Dial 767 from a campus phone, Campus Safety will put you in touch with an on-call therapist*

Student Health Promotion Webpage

- Visit this page for more information on well-being at Bennington College. At the college, we have programming on Sexual Health, Alcohol and Other Drugs, Mental Health, Physical Health, Sleep, and more.
- [Student Health Promotion Facebook Page](#)
- [Student Health Promotion Instagram](#)
- [Student Health Promotion Twitter](#)
- Ali Tartaglia, DrPH (Director of Student Health Promotion):
 - alisontartaglia@bennington.edu
 - 802-440-4755
 - 802-440-HOPE (4673) for 24/7 (confidential).

Taking Care in Isolation

[Tending to your emotional health - BeWell Stanford](#)

[Self-care: The gift that keeps on giving - BeWell Stanford](#)

[Taking Care of Your Emotional Health - CDC](#)

[Self-Care Resources for COVID-19 \(Coronavirus\) and Beyond - Safe Horizon](#)

[Coronavirus and Your Wellbeing - Mind](#)

[Wellbeing Checklist - Mind](#)

[How to Keep the Greater Good in Mind During the Coronavirus Outbreak](#)

[Greater Good Magazine](#)

Information on Bennington College Health Insurance Policies and Health Center Charges

Psychological Services Fees

Generally Student's health insurance is expected to cover the costs of psych services, sometimes with a co-pay. However: *No student will be denied access or turned away from mental health support due to financial reasons.*

Students are encouraged to speak with Lori Willis (x4426), Administrative Assistant for the Student Health Center, to explore their specific insurance policy and better understand any fee structures. Additionally, the Business Office offers an [appeal process](#) for any student who is unable to cover the out-of-pocket cost that may be associated with their individual health insurance policy.

Student Health Insurance

All full-time Bennington College students must be covered by a health insurance policy. Previously offered plans and other College-sponsored insurance plans are no longer available to us. Students must provide their own insurance coverage. If you do not have insurance coverage, you will not be able to enroll or attend as a student at Bennington. It is the responsibility of the policyholder/ student to inquire with each provider about whether that medical office accepts their insurance and whether prior authorization by their primary care provider or insurance carrier is necessary for services away from home. Students need to provide Proof of Health Insurance with a copy of their insurance card to Bennington College and need to plan accordingly to pay their bill for services in the Student Health Center.

Health Center Charges

The Bennington College Student Health Center charges usual and customary fees, just like any private doctor's office. Payment for charges not covered by a student's health insurance can be made by using your Bennington Card, cash, check, or credit card, preferably at the time of service. Students can choose to be billed and pay within 30 days.