

Emotional Support Animals

Recent research has highlighted the mental and emotional benefits of interacting with domestic animals. Because of the increased awareness around this topic, it has become more common for those with mental, emotional, and/or psychiatric disabilities to ask their mental health providers to “prescribe” (write supporting documentation for) an Emotional Support Animal (ESA) in order to be allowed to have a pet in a living situation such as a residence hall or apartment that might otherwise prohibit them.

While the providers in the Counseling Center at Gustavus Adolphus College recognize the benefits that ESAs provide, we want students to know that we do not provide diagnosis, official assessment, or supporting documentation for such accommodations in our center. We are happy to talk with students to generate ideas for resources in the community that might offer this type of assessment and documentation for the purposes of accommodations.

Housing and Academic Accommodations

The Gustavus Adolphus College Counseling Center can provide documentation for current clients to the Center for Academic Resources and Enhancement (CARE) for academic accommodations. We are also willing to provide documentation to the Residential Life Office for housing accommodations. The content of this documentation is up to the individual practitioner as is the decision to provide it. It is expected that you are a known client to your therapist, having met with them long enough that they can make a diagnosis and assess if accommodations are appropriate. If you are a new client and needing immediate documentation it will be suggested that you request this from prior mental health care providers.

Excused Absence

We do not provide “excuse letters” for missed classes or for missed academic work, though in rare cases we may advocate for a client in an academic setting.

If you are seeking accommodations for a mental health disability feel free to be in touch with reception to secure an intake appointment.