

UT San Antonio
Wellbeing Services
Student Assistance Services
Phone: (210) 458-4985
SU 1.02.22

PERSONAL Statement for Medical/Mental Health Withdraw

Remember, a typewritten personal explanation is required in order to process your Mental Health Withdrawal request. Failure to do so may result in a delay and/or no further action towards your request. Please keep the following information in mind when completing your personal statement:

1. Your personal statement must be **typed** and should explain exactly why you are requesting a mental health withdrawal.
 - a. Please indicate the **semester** and **year** (e.g. *Spring 2016*) of your withdrawal request.
 - b. Please provide descriptive information as to what experiences, events, problems, and/or concerns impacted you **during the semester in question**. That is, what happened to disrupt your academic pursuits during the semester? **NOTE:** Please do not provide previous and/or past diagnoses; please only provide information regarding symptoms, events, problems, experiences, etc. that occurred during the semester in which you are apply for the Medical/Mental Health Withdrawal.
 - c. Be sure to include a timeline that provides the specific date(s) for when the problem started (e.g. *March 3, 2014 or between August 1st and October 20th, 2015*). In addition, please include the specific date(s) for when your problems/concerns reached the highest level of severity.
 - d. Please explain how your problem affected your ability to complete the semester in question. Provide details as to the severity of your condition. Be as descriptive as possible (e.g. *difficulty concentrating, sleeplessness, loss of motivation, etc.*). **NOTE:** If you are requesting a **Partial** Medical/Mental Health Withdrawal (i.e. *NOT withdrawing from all coursework*), then you will need to justify how the problem impacted this particular course, but not the other courses.
2. Your personal statement should also include your plans for the future; that is, if you plan to return to school in a future semester, how will you stay healthy?
 - a. Please specify how you will address your academic needs (e.g. *take fewer classes, access tutoring services, etc.*).
 - b. Please specify how you will balance your academic needs with your medical/mental health needs (e.g. *medication management, continue individual therapy, attend group counseling, etc.*).