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HB 244 _Enagonio Liz_SUPPORT .

I am writing in SUPPORT of **HB0244_ Task Force to Study Access to Mental Health Care in Higher Education**. I am providing written testimony from a student at Towson University, who wishes to keep their identity private. I am the aunt of a Towson University student who obtained the story from a friend, and forwarded it to me by email.

During my last year at Towson, the counseling services were pretty limited. I think I was allowed a total of only 6-8 counseling sessions so that everyone had a chance to see a counselor. I had the same counselor during that time and we had to really spread out our sessions so I could get continued support throughout the semester. I think my counselor was good and it was nice not having to worry about copays and things like that. They supported me through a lot of rough events at college. And toward the end of my session limits, they offered to take me on as their one full time client they were allowed because they thought I could really use the extra help. Once the pandemic started and everything went virtual, our counseling sessions became a little more limited and sometimes could be difficult with bad internet.