



California State University, Chico  
**Accessibility Resource Center**  
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## **PSYCHOLOGICAL DISABILITY Documentation Guidelines**

The following guidelines are provided in the interest of assuring that the documentation is appropriate to establish the student as an individual with a disability and to provide a rationale for reasonable accommodations. These guidelines are consistent with the [CSU Policy on Provision of Services to Students with Disabilities](#).

**Psychological or Psychiatric Disability:** Chronic and persistent mental illnesses as categorized by the current Diagnostic and Statistical Manual of Mental Disorders, that impede the educational process and may necessitate accommodations, support services or programs.

### **Verification of Psychological Disability:**

- A licensed mental health professional, such as a psychiatrist, psychologist, clinical social worker or marriage and family therapist, must provide documentation.
- Documentation must include:
  - A clear statement of the Diagnostic Statistical Manual 5 code
  - Date of initial diagnosis
  - Date last seen for treatment or evaluation
- In addition such documentation must detail the functional limitations which this diagnosis creates for the student in the educational setting, e.g. limited alertness etc.

**Evaluation must be current.** Since assessment constitutes the basis for determining reasonable accommodations, it is in a student's best interest to provide verification that reflects current level of functioning.

### **Type of Documentation:**

You may submit a letter from your physician on letterhead stationary which addresses the areas above or you may choose to use the [Disability Verification form](#).