



Guidelines for documentation related to Psychiatric Disabilities

This guidance has been updated to adhere to the Americans with Disabilities Act Amendment Act of 2008.

The Americans with Disabilities Act, or ADA, defines a person with a disability as “a person who has a physical or mental impairment that substantially limits one or more major life activities.” <https://adata.org/faq/what-definition-disability-under-ada>

What do you need to submit to the Student Disability Resource Center?

Documentation from a current treating physician that is submitted in a non-editable document (no Word Documents), is on letterhead, which is signed and dated, that states a diagnosis/diagnoses, and that provides support for the diagnosis and how it meets the definition of a person with a disability under the ADA.

For additional documentation guidance, please see below:

- Must state the disability including a DSM code
- Must include a detailed description of the disability
- Must describe how this impairment significantly limits a major life activity/activities in general and in an academic setting
- If applicable, should include medical information relating to the impact of medication and/or treatment on the student’s ability to participate in all aspects (classroom, extracurricular activities, dorm life) of the academic environment
- The doctor should include any recommendations he/she has for appropriate accommodations within the context of the university environment