

# **“IT’S YOUR YALE”**

## ***WHAT SHOULD YALE BE FOR?***

Yale is raising money through its capital campaign, "For Humanity."  
But what will Yale use its resources for?

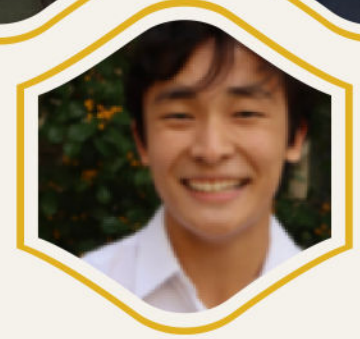
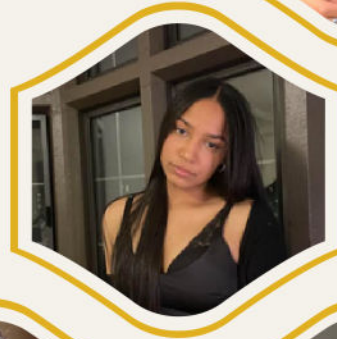
Students Unite Now demands that Yale uses resources commensurate with increased enrollment & endowment gains for affordability, accessibility, & healthcare.

What do you need from Yale for an equitable campus across experiences of race, class, and ability?

Read student's stories inside and take our survey to share your experience:

**SUNATYALE.ORG/SURVEY**

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# Yale promises:

"Providing consistently outstanding care [and] compassionate, patient-centered service... is our promise to our members and Yale University."

- Yale Health, "Welcome"



Akio Tamura-Ho, Silliman '23

## WHEN WILL YALE KEEP THEIR PROMISE TO ME?

"I've had an isolating experience accessing care at Yale. When I reached out to Yale Mental Health and Counseling during my first year, I waited a semester to be assigned a therapist. I was left wondering if I'd been forgotten. When I eventually called YMHC, I was told to reach out to the therapist myself. His contact details were not provided or available online, so I had to guess his email address.

My assigned therapist was a white, cis man, even though I talked extensively about my gendered and racialized experiences during my intake appointment. It felt like YMHC hadn't listened to me at all, or just didn't care. Even then, my therapist was not responsive to my emails and seemed distracted during our 20 minute meetings. I decided it wasn't worth scheduling more appointments. Although I experienced feelings of anxiety and depression that drastically affected my sleep patterns, it was just too stressful to access care.

When I later tried to start hormone therapy, I was warned I would have to repeat this arduous process again and wait for a new therapist to refer me to endocrinology. I was advised to seek outside care instead, so I went to a clinic outside Yale. Without insurance, they offered me a reduced cost of \$150 per appointment, which I had to pay out of pocket on top of expensive monthly prescriptions at Yale Pharmacy. Without parental support, I ended up taking multiple on-campus jobs and used leftover Summer Fellowship money to pay for care and medication. Even so, it was a stretch. This experience was not only costly but also stressful, time consuming, and discouraging. When opaque and complex systems at Yale made it impossible to access basic care, I felt like I was in the wrong for seeking help. Yale must offer free, accessible, and prompt care so that no student feels like they don't belong."

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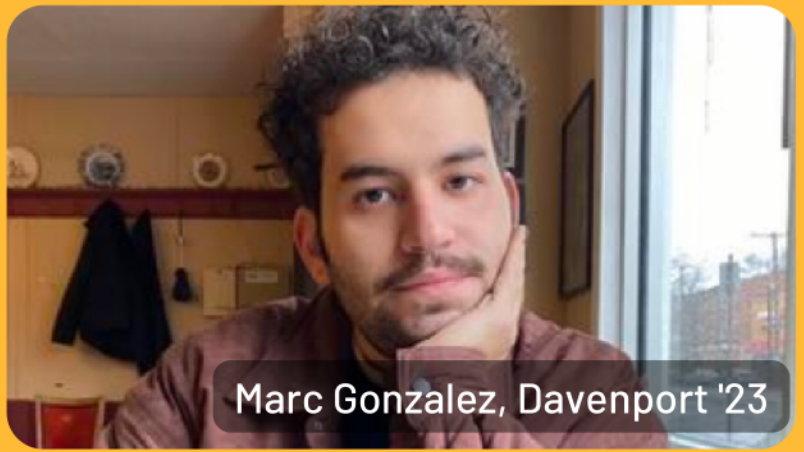
Stories like mine are far too common.  
We demand quality, respectful healthcare.



# Yale promises:

"Yale Health promotes the health and well-being of every member of the Yale community, so that each individual can achieve his or her highest goals and aspirations."

-- Yale Health, "Welcome"



Marc Gonzalez, Davenport '23

"My orthodontist told me I had six months to get my wisdom teeth out or I could risk permanent facial paralysis. My family insurance would not cover it, and Yale doesn't offer dental coverage. As a student on aid, my family couldn't pay this \$2000 emergency expense, so I had to pay by wracking up credit card debt. This was a huge extra expense that was necessary for me to continue being a student. I had to work more hours to meet the monthly payments and cut back on everything from books to my social life. For students of color on aid like me, the University needs to provide thorough, free insurance so I can have the care I need to focus on my studies."

## WHEN WILL YALE KEEP THEIR PROMISE TO ME?

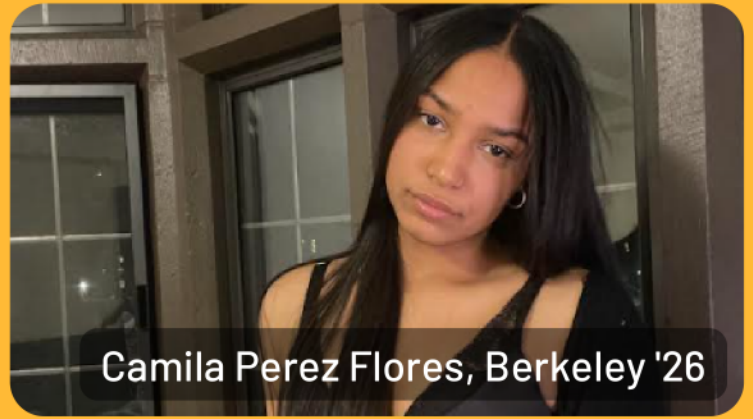
**SUN**  
Students Unite Now

Stories like mine are far too common.  
We demand comprehensive healthcare.

# Yale promises:

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— Yale Health, "Welcome"



Camila Perez Flores, Berkeley '26

## WHEN WILL YALE KEEP THEIR PROMISE TO ME?

"A couple of weeks into our second semester back at Yale, I suffered a water burn injury in a Yale dining hall. I had thought that given the intensity of the situation, my health and well-being would have been prioritized by Yale. This was not the case. After the initial appointment, the supplies the doctors had given me began to run out and asking my parents for money was not feasible. I had to bandage my wound multiple times a day, meaning I would run out of supplies fairly quickly. I made frequent trips to CVS or Walgreens because waiting hours at Yale Health again and making the trek up to science hill was not something I could easily fit into a student worker schedule, especially when injured.

When I heard that I could receive medical funding for my situation through SafetyNet, I felt so much relief. I was already about 200 dollars down and knew I could not afford to keep up with the after-care. I filled out the form online and waited a week or so to receive a response, which never came. Eventually, I heard back from my Head of College who offered to put me into contact with individuals to help me in the reimbursement process, but this promise was unfulfilled. It is ridiculous for Yale to ask students to literally "prove our injury," in order to receive something as basic as support for when we are unwell. Having to contemplate whether or not your injury is "bad enough" can be extremely damaging to students, especially to students like me whose health have already been racialized by the American healthcare system. Yale should be more willing to give out Safety Net funds, or have Yale Health subsidize after-care and other medical costs."



# Yale promises:

"Yale is actively working to enhance diversity, support equity, and promote an environment of welcome, inclusion, and respect."

— *Belonging at Yale:*  
*Annual Report 2022*



Quincy Diallo, Morse '25

"My time at Yale has been marred by racist, difficult to obtain, inadequate healthcare. When I went to Acute Care with severe nausea and sharp pains, I waited until eventually, I saw one of the doctors. I told her about my symptoms and asked to be screened for appendicitis. In return, she pressed her thumbs into my (tender) abdomen and asked me if I "took anything." The doctor rolled her eyes after I told her I had not. When I told her that my IV was leaking while I waited for my results she told me she'd send a nurse to fix it; she didn't. She told me I was fine and discharged me without letting me ask questions or finish fluids and medication in my IV bag.

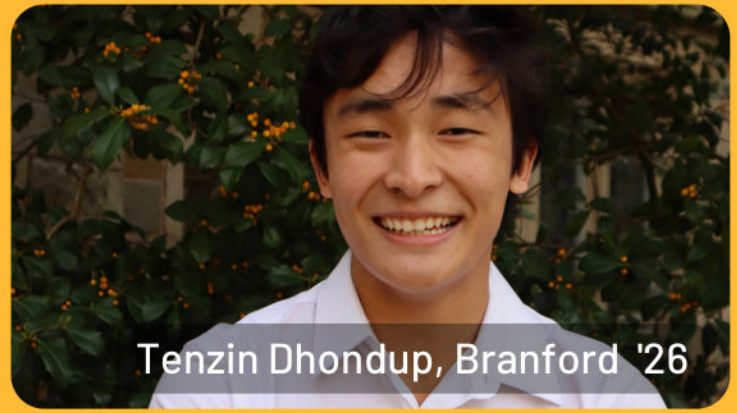
That night, I went to the hospital with stomach pain so severe I couldn't stand up straight. I was diagnosed with acute appendicitis and had to have an emergency appendectomy. The ER doctor told me that, had I come in sooner, they probably could have treated it with antibiotics and sent me home. Instead, I spent two and a half days in the hospital, missed the last week of classes before break, and had to pay several hundred dollars to change my flight because I couldn't stay on campus without any kind of assistance. Yale must increase the acute care staff, increase the number of doctors from marginalized groups, and investigate recurring medical racism in student health."

## WHEN WILL YALE KEEP THEIR PROMISE TO ME?

# Yale promises:

"Yale awards all undergraduate financial aid on the basis of financial need, with the goal of making a Yale education affordable for everyone."

— [findaid.yale.edu](http://findaid.yale.edu)



Tenzin Dhondup, Branford '26

"I met with a Financial Aid Officer because I wanted to clarify the fine print in my aid award that basically said that after my sister graduates college, my parents' contribution would be doubled. I knew that this financial aid award would not be financially feasible for my family.

The officers' tone was dismissive to my concerns and discounted my intention to appeal to the fact that I should be appreciative of what I have been given. What she said was, "Yale makes it affordable for everyone."

As a first-generation student, I felt that I was alone in this process, having to navigate something so crucial to my future without proper support and clear communication. After getting my initial aid package, and then appealing twice over a lengthy three-month back and forth, I was luckily able to fight for a more affordable aid package. I know that as students our financial situations are so much more than a bunch of numbers. I want Yale to be more transparent and understanding to low-income students, many of whom are not informed that there is an appeal process. We should not have to fight so hard for financial aid that truly meets our needs."

## WHEN WILL YALE KEEP THEIR PROMISE TO ME?

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Students Unite Now

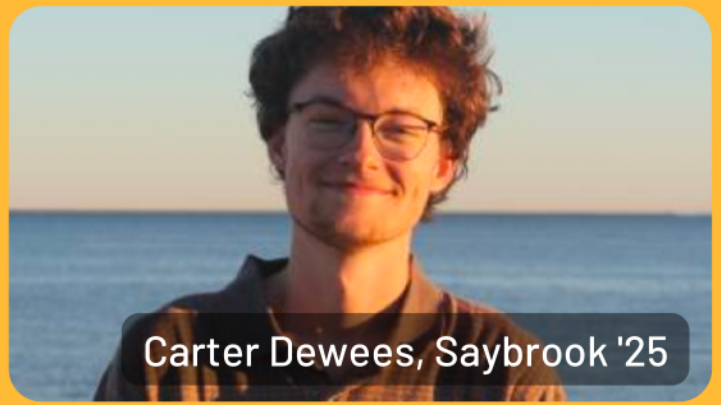
Stories like mine are far too common. We demand full & transparent financial aid.



# Yale promises:

"Following the initial evaluation you will be connected to your clinician. Wait times for these initial appointments may vary throughout the year, usually within a few weeks."

-- Yale Health, "Mental Health & Counseling"



Carter Dewees, Saybrook '25

"In February of 2022, I reached out to mental health and counseling to schedule an appointment; I wanted to start seeing a therapist every week. They reached out to me at the end of May to tell me that they could help me if I would be in Connecticut for the summer, but otherwise, they could not, and I didn't receive another consultation until I returned in the fall.

This was a tough time for me; it was my first time in five classes, and I felt like I wasn't in control of anything in my life. In retrospect, I probably should have gone to YC3, but I had assumed that it was a crisis hotline because of the way it was advertised.

Yale Mental Health and Counseling pushed me towards group therapy, which I didn't really want to do. To have to wait 6 months for a therapist -- at a university that says they provide therapists within a couple weeks -- should not be normal."

## WHEN WILL YALE KEEP THEIR PROMISE TO ME?

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Students Unite Now

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We demand timely, quality healthcare.

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"Following the initial evaluation you will be connected to your clinician. Wait times for these initial appointments may vary throughout the year, usually within a few weeks."

—Yale Health, "Mental Health & Counseling"



Craig  
Birckhead-Morton,  
Silliman '24

"I had a mental health emergency at the end of my first year. I had an intake appointment with Yale Health in June but did not hear back from a therapist until September. No one ever acknowledged the delay, so it seemed like waiting months for care was nothing out of the ordinary. I felt like Yale did not care about whether I was doing okay. Since then there have been two suicides during my time at Yale, both people who I knew. It was students who mobilized to pressure Yale to accommodate for our grief. I never heard anything substantive from Yale administration and professors didn't seem to receive any guidance. I still think about this and worry that Yale is not doing enough to stop this from happening again. Does Yale really care about me and my fellow Yalies?"

I really don't know.

Recently, I found out that my Yale therapist would be running an anxiety group therapy program, but she informed me that Yale does not have capacity to support her doing the meetings with me and running the group at once. So now, instead of meeting with her, I meet with a therapist from Maryland using my family's private insurance, which is only a possibility for a select few students.

Yale must put more resources into Yale Mental Health and Counseling so that no one has to wait more than two weeks for care or rely on outside help. As a Muslim student and a Black student, it would also mean a lot to have a greater diversity of therapists at Yale. Yale should hire therapists that understand our ethnic and religious backgrounds."

## WHEN WILL YALE KEEP THEIR PROMISE TO ME?

SUN  
Students Unite Now

Stories like mine are far too common. We demand timely, representative healthcare.



# Yale promises:

"Yale's need-based financial aid awards meet the full demonstrated financial need of all students."

-- Yale Admissions,  
*Affordability: The Basics*

"Over the past 30 years, Yale's investments have returned an unparalleled 13.1 percent per annum, adding \$47.7 billion in value relative to the Cambridge mean."

-- The Yale  
Investments Office



Mary Moheddine Ghebremeskal,  
Morse '26

"Being a first-generation-low-income student, I have had no one to guide me on financial aid. Coming into my first year, I was initially told that Yale would cover 100% of my costs, so I pulled out of some scholarships. I was then told by Yale that I had to pay the difference in aid and my scholarships over the summer, and would have to pay 15,000 out-of-pocket. I tried to reach out to Financial Aid because I did not understand how to use the system and the scholarships were not paying me for costs.

I had to start my first year with no start-up funding and had to pay for books, living essentials, and flights on my own. I had to dip into my personal savings to cover those costs and I had no safety net waiting for me. It was incredibly stressful to navigate as a first-year on campus in my first few weeks. I lived in fear that one day Yale was going to disenroll me for not paying the bill even though it was an issue on their end. I had to get support from outsiders and other FGLI mentors instead of Yale and Financial Aid. While they eventually fixed the issue, it made me perceive Yale as a cold place for students who are not wealthy and was an isolating and othering experience in my first months on campus."

## WHEN WILL YALE KEEP THEIR PROMISE TO ME?

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# Yale promises:

"Providing consistently outstanding care [and] compassionate, patient-centered service... is our promise to our members and Yale University."

— Yale Health,  
"Welcome"



Ciara Lonergan, Morse '25

"As someone who gets sick very easily, I've found the healthcare support at Yale to be extremely disappointing. Twice during my time here, I've gone to Yale Health struggling to breathe or, another time, barely able to open my eyes only to get told to "take some ibuprofen and it will go away by itself." Both times, in order for me to get the necessary medical care, I've had to call my PCP from home. Because my sicknesses were misdiagnosed and my recovery was delayed, I had to isolate myself from my peers and miss out on classes, club meetings, work, and social events for an extended period of time that could have been avoided. Yale, being the elite institution that it is, needs to improve its healthcare services in order to provide for its students."

## WHEN WILL YALE KEEP THEIR PROMISE TO ME?

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Students Unite Now

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We demand quality healthcare.



# Yale promises:

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-- Yale Admissions,  
*Affordability: The Basics*



Ivana Ñique, Branford '26

"Yale has its foundations in appealing to affluent populations, yet presents itself as affordable to all. That is the message plastered on Yale's website, as a way to lessen the fears of incoming students. I naively believed this message. My months prior to attending Yale were marked by calls to the financial aid office, emotional distress and far too many interactions with unpleasant financial aid officers. There was no regard or compassion for my family's financial situation, which was complex because of my parents' divorce, and one Financial Aid Officer even told my crying mother that not everyone who gets into Yale can afford it. This is completely contrary to what prospective students are led to believe."

## WHEN WILL YALE KEEP THEIR PROMISE TO ME?

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Students Unite Now

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# Yale promises:

"Every enrolled, full-time Yale student can access the services of Mental Health & Counseling free of charge regardless of his or her insurance plan."

-- Yale Health, "Welcome"



Simone Felton, Davenport '25

"Over the last few semesters I have witnessed friends who most needed access to mental health services flounder as they spent endless weeks waiting to get a therapist through Yale. Supporting a friend suffering from depression is always challenging, but trying to do so when that friend didn't have access to a mental health professional made me feel drained and hopeless. I felt utterly unequipped to help in the way that my friend needed, and it was hard to tell them to have hope when there was no sense of when the proper support of a trained professional would arrive.

The difference when I personally decided to seek out a therapist outside Yale was so stark. I had the fortune of parents that I could talk openly to about my desire to be in therapy, and the privilege to seek that therapy outside of Yale with my parents' financial support. As a result I have so much more space in my life to develop my emotional and academic self. The inadequacies of YMHC have widened the gap in emotional wellbeing and academic success between students on the basis of socioeconomic status. Yale needs to do more to close that gap."

## WHEN WILL YALE KEEP THEIR PROMISE TO MY FRIENDS?

**SUN**  
Students Unite Now

Stories like mine are far too common.  
We demand timely, quality healthcare.



# Yale promises:

"Yale is actively working to enhance diversity, support equity, and promote an environment of welcome, inclusion, and respect."

- *Belonging at Yale:  
Annual Report 2022*



"Yale Dining cooks a lot of its meals with alcohol, which makes a lot of meals inaccessible to me as a Muslim student with dietary restrictions. Things like vanilla extract and soy sauce, which I can eat some iterations of, are inaccessible to me at Yale. Additionally, there is no real way of knowing if the food was prepared on the same or separate grills — like if the halal chicken was cooked on the same grill as pork — which is an issue because of cross contamination. Pasta every day for a week is not ideal. We need better transparency about the preparation of the food on campus."

## WHEN WILL YALE KEEP THEIR PROMISE TO ME?

**SUN**  
Students Unite Now

Stories like mine are far too common. We demand a transparent, inclusive campus.



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— Yale Health,  
"Welcome"



Erica Flores, Pierson '25

"In November of my Sophomore year, I was having repeated GI issues. After being unable to eat for several days, I decided to go to Acute Care. I arrived at two o'clock on a Tuesday and still had to wait two hours to be seen. When I was finally taken in, all the people were very kind to me but the care was still slow. I had to wait 30 minutes after my IV finished before someone took it out of my arm. Overall, I spent 5 hours at acute care and had to miss my section and a meeting. They advised me to get a referral to a specialist, but in the meantime, I was still struggling to attend my classes because of the issues. I was frustrated that I could not get to class and I was anxious about how it would affect my grades, especially in my language class. If Yale had a more flexible and comprehensive absence policy, this health issue would have been a lot less stressful."

## WHEN WILL YALE KEEP THEIR PROMISE TO ME?

**SUN**  
Students Unite Now

Stories like mine are far too common. We demand timely healthcare & accommodations.



# Yale promises:

"Yale expects students to cover only the cost of their course books and materials, outings, laundry, and other necessities."

— *Understanding the Student Share*, Yale Financial Aid



Ruthie Weinbaum, Morse '25

"In the Yale music world, we always visit people's home schools during tours and it really stands out why wealthy white students make up so much of acapella—the opportunities at majority white private schools are just so different from those at public schools like the one I attended. Also, coming to Yale, the expectation of how much to pay is completely different than at my high school. In high school, everything had to be free — your parents could always check the box saying that they wouldn't pay the 9 dollars for the field trip. That is totally different here—the default expectation in extracurriculars is that you can pay out of pocket. Yale should raise student wages and financial aid to make campus extracurriculars more inclusive. Yale should consider extracurricular expenses when accounting for the 'unbilled' or indirect costs of attendance."

## WHEN WILL YALE KEEP THEIR PROMISE TO MY FRIENDS?

**SUN**  
Students Unite Now

Stories like ours are far too common.  
We demand full financial aid.



**STUDENTS WITH SUN HAVE ALREADY WON MILLIONS  
IN INCREASED FINANCIAL AID SINCE 2012.**

**TOGETHER, WE CAN KEEP FIGHTING FOR EACH OTHER  
AND BUILD AN EQUITABLE CAMPUS FOR ALL.**

**TAKE OUR SURVEY!**



**SUNATYALE.ORG/SURVEY**

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