Student Health Services

Essential Information for Graduate and Professional Students

Habif Health and Wellness Center

STUDENT AFFAIRS AT WASHINGTON UNIVERSITY

Washington University in St. Louis
Find Us/Contact Us

We are located in the Habif Health & Wellness Center

- Pronunciation: Ha-bif (rhymes with habit)
- Location: 6643 Shepley Drive/Dardick House, South 40

314-935-6666

shs.wustl.edu
Services

• Primary Care
  ▪ Laboratory, Pharmacy and Radiology
• Mental Health
• Emergencies
• Health Promotion
Hours of Operation

Primary Care/Laboratory/Mental Health Services

- Monday, Tuesday: 8:00am – 6:00pm
- Wednesday: 10:00am – 6:00pm
- Thursday: 8:00am- 6:00pm
- Friday: 8:00am – 6:00pm
- Saturday (medical walk-in only): 9:00am – 1:00pm
Hours of Operation

Pharmacy/Radiology

• Monday, Tuesday: 9:00am – 5:00pm
• Wednesday: 10:00am – 5:00pm
• Thursday, Friday: 9:00am – 5:00pm

Health Promotion Services

• Monday – Friday: 9:00am – 5:00pm
Primary Care/Mental Health Appointments

Book online at [shs.wustl.edu](http://shs.wustl.edu)*

*Next-day appointments open every night after 5:00pm*
Primary Care Services

- Routine care, Sexual/Reproductive Health and Urgent care by **online appointment**
- Walk in services for emergency care
- Travel Medicine
  - Call to schedule at least 4 weeks prior to departure
- Allergy shots/Immunizations
- Vaccinations
- Pharmacy
- Radiology
- Nutrition appointments
- Flu shots by appointment and walk in clinics each fall
Primary Care Services

International Students can learn more about the American health care system and health insurance through our online health guide.
Mental Health Services

• Students receive 9 free counseling visits per year
• After 9 counseling visits, students must utilize health insurance and pay applicable co-pay
• 16 counseling session limit per year

Services by Appointment
• Counseling: Individual and Couple
• Psychiatry
  ▪ First step will be a phone intake, book this appointment online
• Treatment of ADHD and Eating Disorders

Drop-in services
• Let’s Talk: Free, brief, confidential consultations with counselors located across campus
• Groups and Workshops
• TAO: Therapy Assisted Online, a 7-9 week web-based program
• Crisis Response
TAO: Therapist Assisted Online

• A 7 - 9 week, interactive, web-based program that provides well-researched and highly effective strategies to help overcome anxiety, depression and other common concerns.

• Allows you to get effective treatment when your schedule, or life, makes it hard to get to a regular counseling session.

• Gives you access to highly effective therapy modules 24/7 and a dedicated time to meet online with your counselor each week. The most recent research shows this treatment model with outcomes equal to or exceeding face-to-face therapy.

• Check out this informative video
Emergencies

SHS has a nurse line that is answered 24/7, including holidays.

• Call 314-935-6666 and press option 1 if SHS is closed.
• This will connect you with a trained nurse who can help you determine the best course of action for your situation.

• Alcohol poisoning
• Medical emergencies
• Mental health emergencies
• Sexual violence
Health Promotion Services

Health promotion services can help you make healthy decisions, reduce risk and take care of yourself and your friends.

Locations:
• Habif Health & Wellness Center
• Zenker Wellness Suite, Sumers Recreation Center.

We host daily programming in the Zenker Wellness Suite as well as events on campus. Please see our calendar of events.

Get involved in Health Promotion.
Zenker Wellness Suite in the Sumers Recreation Center

Free for all students!
*For a full schedule see: rec.wustl.edu/facilities/indoor/WellnessSuite/index

- Safer sex supplies
- iPads loaded with assessments/resources & brochures
- Stressbusters* (free 5-min backrub from a student volunteer)
- Stress-Less@WashU* (1:1 with health promotion staff)
- Let's Talk* (1:1 with mental health staff)
- Meditation Mondays (mental health), Tasty Tuesdays (nutrition), Wellness Wednesdays (fitness), Thirsty Thursdays (alcohol risk reduction), and Frisky Fridays (sexual health)*

Open
9:00am – 5:00pm
Monday- Friday
Health Promotion Services

Alcohol and other Drugs

- **Amanda Hoylman**, Assistant Director for Alcohol and Other Drug Programming, meets with students for individual harm-reduction consultations by appointment at SHS.
- Free online self-assessments are available for **alcohol** and **marijuana**.
- Look for educational events on campus such as the Buzz, Alcohol and Athletic Performance, the Red Cup demo, Healthy Prescription Drug Disposal, and What’s up with Weed?
Health Promotion Services

Nutrition

• Services are available by appointment at SHS
• Students can meet with a dietitian to talk about a variety of nutritional needs, including weight management, food allergies, diabetes management, eating disorders, and nutrition for performance.
Health Promotion Programs

Stressbusters

- Free 5-minute backrubs and wellness info at events on campus
- Stressbusters Wellness App
  ✓ 24/7 stress relief at your fingertips
  ✓ Download for free on a smartphone
Health Promotion Programs

Stress-Less@WashU*
*Adapted with permission from Stanford University

• A free 20-minute resource-based consultation to help graduate and professional students reduce stress.

• Administered by a Mental Health Promotion practicum student

• Locations:
  ▪ Zenker Wellness Suite, Sumers Recreation Center
  ▪ Habif Health & Wellness Center
  ▪ Other locations
Health Promotion Programs

Stress-Free Zone
- Make your own carepackage
- Relax with Stressbusters
- Health & Wellness Stations
- Prizes

- Location
  - Olin Library

- When
  - Typically the Sunday afternoon after the last day of classes each semester
Health Promotion Programs

Free Sexually Transmitted Infections (STI) Screenings

- Typically mid-October and Mid-February
- Danforth University Center
Student Health 101

• A website that covers health issues relevant to graduate students, such as stress, sleep, anxiety, nutrition, fitness, alcohol, sex, and cold/flu

• Contains WashU-specific content, including articles written by graduate/professional students
  ▪ Contact wellness@wustl.edu to contribute an article

• Subscribe online
Opportunities for Graduate and Professional Students

• Earn Concentration Practicum* credit in Health Promotion Services
  ▪ May involve leading an undergraduate Peer Health Educator group and/or helping with the Stressbusters program
  ▪ *Brown School only as of 2017

• Volunteer as a Stressbuster

• Work with Health Promotion as part of the Federal Work-Study program
  ▪ FWS-eligible applicants only, several positions available each year.
  ▪ Contact wellness@wustl.edu

• Serve on the campus-wide health and wellness committee

• Join the Grad Student Health Advisory Committee (G-SHAC)

• Boost health promotion communications and attendance at programs