



# WELLNESS CENTER

## CARING FOR YOURSELF



# WELLNESS CENTER 101

## WHO?





# WELLNESS CENTER 101

## WHERE?

- Lakeshore
- Water Tower
- Health Sciences



**ALL THREE CAMPUSES!**

# WELLNESS CENTER 101

## WHEN?

- Monday-Friday, 8:30am-5:00pm

Emergency and Urgent Care locations  
available on the website

# WELLNESS CENTER 101

WHAT?

## Medical care:

- Acute illnesses
- STI/HIV testing
- Gynecology

## Mental Health:

- Phone Triage/Brief Individual Counseling
- Groups
- Psychiatric Medication Care
- Care Management & Referrals
- After Hours Crisis Support

**Services are FREE!\***

- **Don't bill insurance**

**\*Some lab tests may carry a small fee**

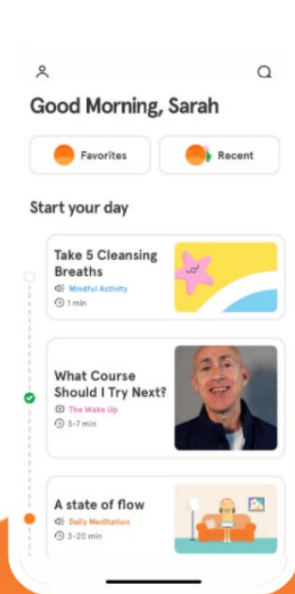
# WELLNESS CENTER 101

## HOW?

- Dial-A-Nurse  
**773-508-8883**
- Online Scheduling  
**[luc.edu/wellness](http://luc.edu/wellness)**

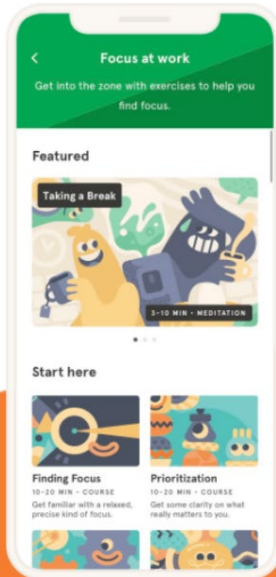
# A Day With Headspace

## Start your day



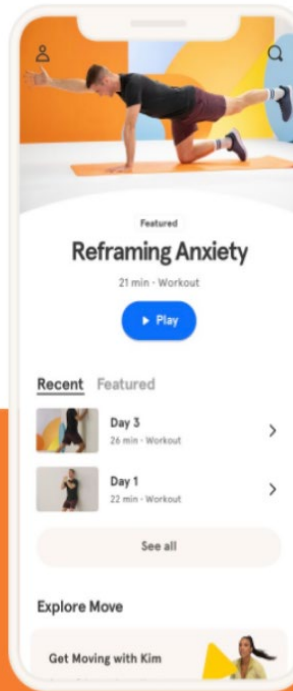
Fresh, daily content  
Inspiring stories  
Advice from experts

## Focus at work



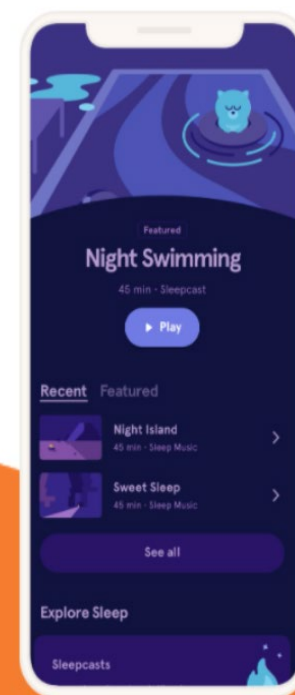
Productivity & Creativity  
Mindful tech  
Presentations

## Move exercise



At-home workouts  
Walks, jogs, & runs  
Rest-day exercises

## Sleepcast



Sleepcasts & Sleep music  
Wind downs  
SOS exercises

Scan here to sign-up using  
your LUC information





# ASHLAR WELCOMES YOU TO LOYOLA



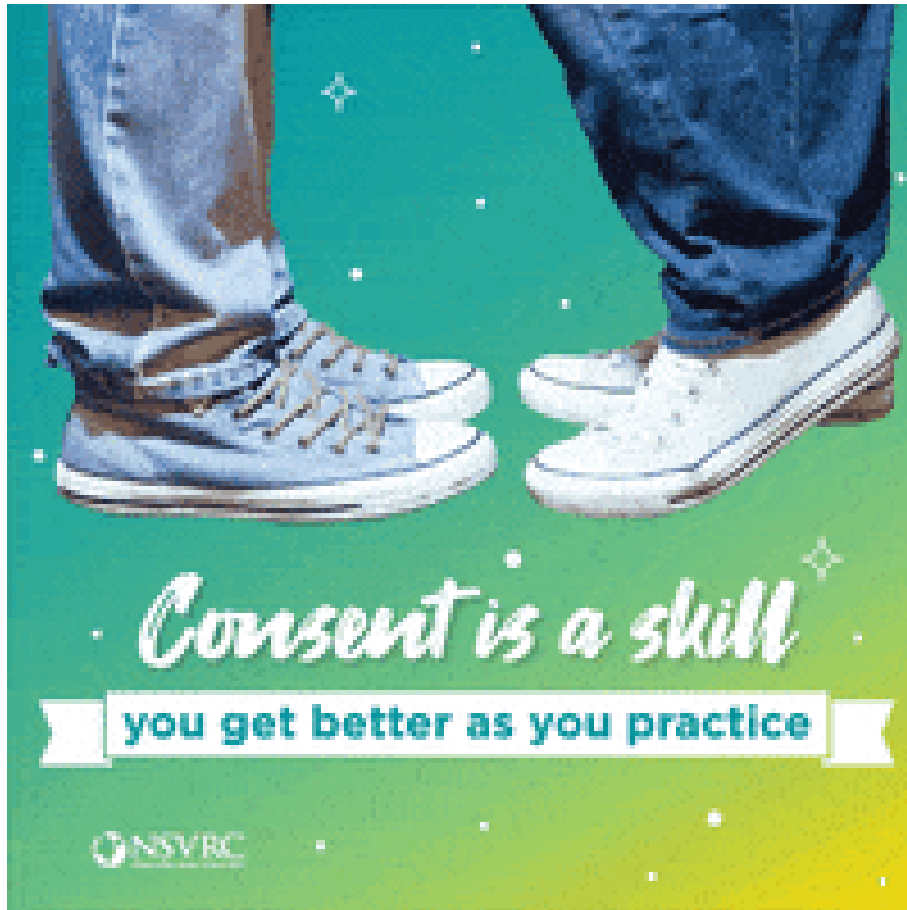


# IMMUNIZATIONS

## State requirement

- 2 step process:
  - 1. Enter in LOCUS**
  2. Submit a copy via email or fax to the Wellness Center ([wellnesscenter@luc.edu](mailto:wellnesscenter@luc.edu); Fax-773-508-2505)
- May be a non-compliance fee

# Sexual Assault Prevention for Graduates



**DUE:** September 8th

# ADVOCACY SERVICES

- Advocacy is:
  - Specialized services and support for survivors of GBV
  - **Completely confidential**
- An advocate can:
  - Help survivors process incidents of GBV
  - Assist with safety planning
  - Help with navigating medical, legal, and/or LUC options
  - Accompany survivors to appointments, as appropriate
  - Provide referrals both on and off-campus



# CONFIDENTIAL

- Wellness Center



SCAN ME



# NON-CONFIDENTIAL

- Everyone else employed by Loyola, including student staff

# NEWSLETTER

Click on any of the flyers below to learn more



**THE LINE**  
For support and resources for sexual and relationship violence

- confidential
- staffed by trained advocates

Monday - Friday 9am-4:30pm  
24 hours on weekends when classes are in session

Scan this code to save this # in your contacts

773-494-3810



**LOYOLA'S DIETITIAN SERVICES**  
THE WELLNESS CENTER'S REGISTERED DIETITIAN CAN HELP WITH:

- HEALTHY, BUDGET-FRIENDLY MEAL PLANNING
- FOOD ALLERGIES OR INTOLERANCES
- GASTROINTESTINAL PROBLEMS
- DIABETES/HYPOLIPIDEMIA
- SPORTS NUTRITION FOR ATHLETES
- WEIGHT MANAGEMENT
- DISORDERED EATING SUPPORT AND GUIDANCE
- EMOTIONAL/IMPULSIVE EATING
- ALL OTHER NUTRITION QUESTIONS/CONCERNS

For more information, call 773-508-2530 or visit us online at [www.luc.edu/wellness/centerofhealth/](http://www.luc.edu/wellness/centerofhealth/)



**Dial-A-Nurse**  
The easiest way to make a medical appointment!

773.508.8883

Dial-A-Nurse calls are taken by a registered nurse who can:

- Answer questions about illnesses or injuries
- Discuss health concerns
- Advise you on the urgency of your condition, and recommend the appropriate level of care

The hours are:  
Monday through Thursday, 8 a.m.-6 p.m.  
Friday, 8 a.m.-3 p.m.  
Saturday, 8 a.m.-noon



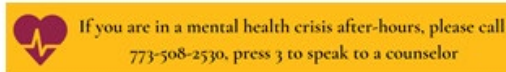
**Loyola's Mental Health Services**

Call to make an appointment: 773.508.2530  
Or schedule online: [wellness.luc.edu/login-directory.aspx](http://wellness.luc.edu/login-directory.aspx)

The Wellness Center's Mental Health Services Include:

- Emergency/Crisis Services
- Brief Individual Counseling
- Psychiatry
- Group Counseling
- Case Management/Referrals
- Suicide Prevention
- Medication Management
- Therapy Dog

Find out more at <http://www.luc.edu/wellness/centerofhealth/>



If you are in a mental health crisis after-hours, please call 773-508-2530, press 3 to speak to a counselor

## Every Monday

- Upcoming programs
- Health news
- Raffles
- Recipes
- ...and more!



**SCAN ME!**

# INSTAGRAM

@loyolawellnesscenter



@ashlarthetherapydog



# Questions?

Thank you!



*Preparing people to lead extraordinary lives*