

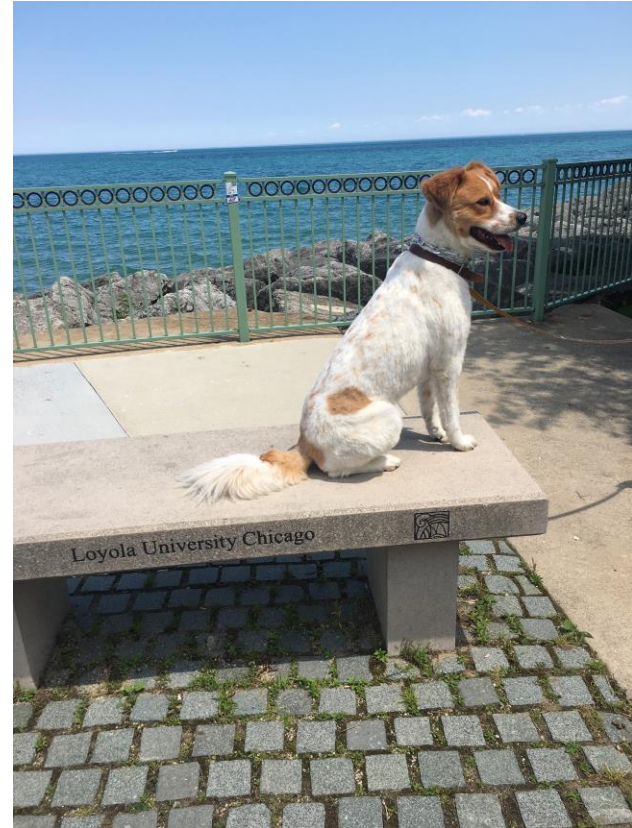


WELLNESS CENTER

CARING FOR YOURSELF



ASHLAR WELCOMES YOU TO LOYOLA!



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:

- Brief Counseling
- Group Counseling

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

MENTAL HEALTH

- Mental Health and Meditation Groups
- Phone Triage/Brief Counseling
- Care Management





#SchittsCreek



WHAT **EXACTLY** IS
REQUIRED OF ME?

IMMUNIZATIONS

State requirement

- [Must be uploaded by the 10th day of classes](#)
- There may be a \$50 non-compliance fee
- [Guide to Uploading Immunization Records](#)

1)

ONLINE TITLE IX SEXUAL ASSAULT PREVENTION TRAINING FOR COLLEGE STUDENTS

U GOT THIS!

2)

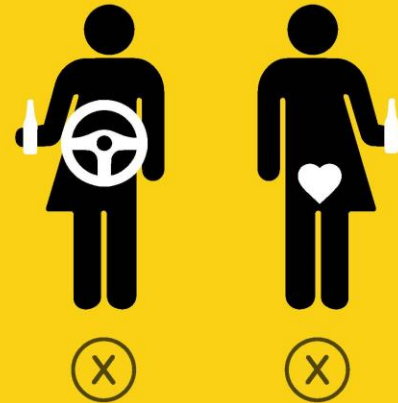


Alcohol Wise
3RD MILLENNIUM CLASSROOMS

DUE: September 6th

CONSENT

Stay in your lane



If they're too drunk to drive,
they're too drunk to have sex.

*If they're too drunk to have sex,
it's sexual assault.*



Learn more at LUC.edu/CCRT

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



CALL THE LINE AT LOYOLA FOR SUPPORT AND RESOURCES
FOR GENDER-BASED VIOLENCE AT 773-494-3810

WELLNESS CENTER
Get well. Be well. Stay well.

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/HYPOLYCEMIA
- SPORTS NUTRITION FOR ATHLETES
- WEIGHT MANAGEMENT
- DISORDERED EATING SUPPORT AND GUIDANCE
- EMOTIONAL/UNHEALTHY EATING
- ALL OTHER NUTRITION/QUESTIONS/CONCERNS

773-508-2530



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.-5 p.m.
Saturday, 8 a.m.-noon



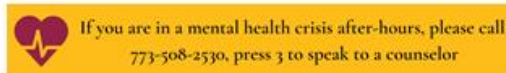
Loyola's Mental Health Services

Call to make an appointment: 773.508.2530
Or schedule online:
wellness.luc.edu/login-directory.aspx

The Wellness Center's Mental Health Services Include:

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

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



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!

LEAVE NO CRUMBS

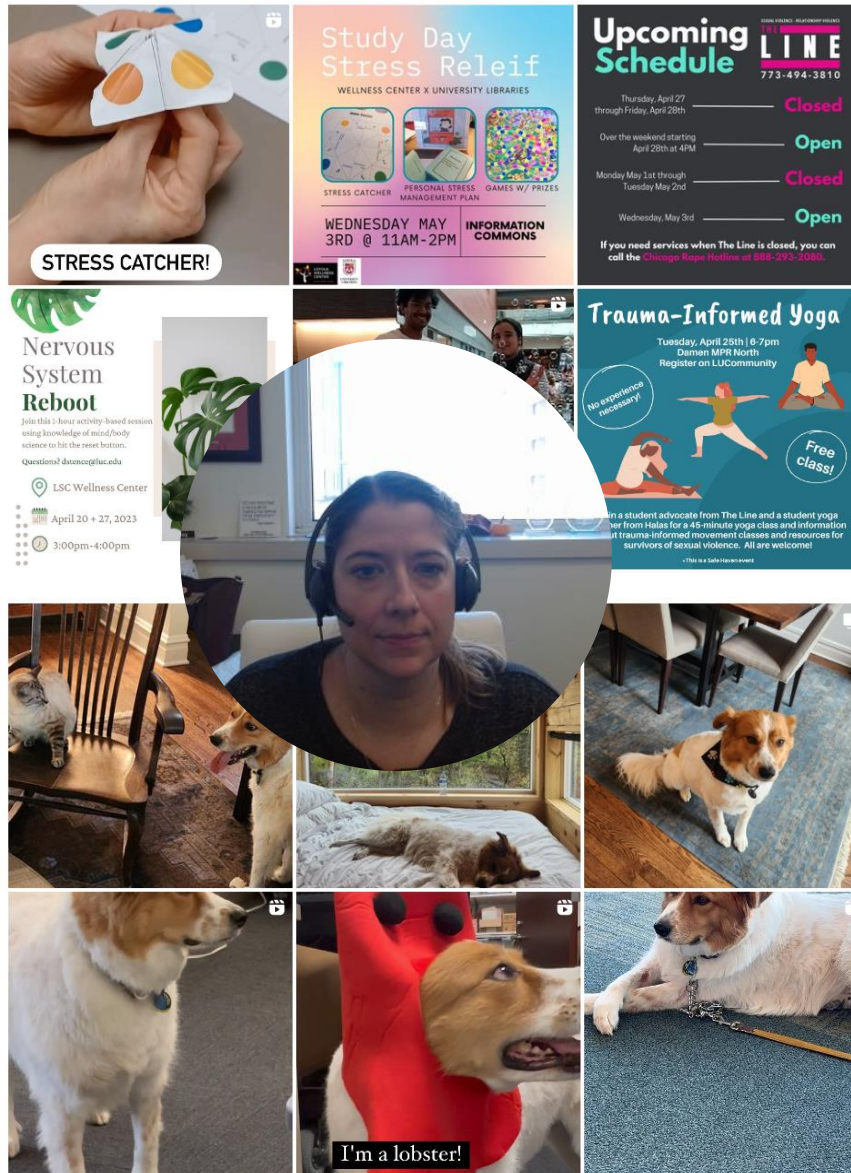


A food waste recovery and food insecurity
program at Loyola University Chicago



INSTAGRAM

@loyolawellnesscenter



@ashlartherapydog

Thank you!



Preparing people to lead extraordinary lives