FIRST-YEAR ORIENTATION:
CARE FOR SELF
MEET ASHLAR!
WELLNESS CENTER 101

WHO?

Doctors
Mental Health Professionals
Nurse Practitioners
Sexual Assault Advocates
Nurses
Health Educators
Registered Dietitian
Lab Technician
Administrative Staff and Peer Health Educators
WELLNESS CENTER 101

WHERE?

• 2 locations
  – LSC: 6439 N. Sheridan, 3rd floor
  – WTC: 26 E. Pearson, 2nd floor
WELLNESS CENTER 101

WHEN?

- Academic Year Hours
- Mon-Thurs: 8am-6pm
- Fri: 8am-5pm
- Sat: 8am-12pm

Emergency and Urgent Care locations available on the website
WELLNESS CENTER 101

WHAT?!

Medical care:
• STI/HIV testing
• Gynecology
• Allergy shots

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

• Sexual Assault Advocacy Line
  773-494-3810
SOCIAL MEDIA

Instagram:
@loyolawellnesscenter

Follow the Wellness Center on Instagram right now for a chance to win a prize!

Facebook:
Loyola Wellness Center

loyolawellnesscenter Today is World Sleep Day! Research indicates that just 1 night of poor-quality sleep negatively impacts attention span, memory recall, and learning ability. Ditch those all-nighters!
IMMUNIZATIONS

• State requirement
• 2 step process

1. Enter in LOCUS

2. Submit a copy via fax/mail/in-person to the Wellness Center

• Due September 5th
• May be a non-compliance fee
AlcoholEdu FOR COLLEGE

Sexual Assault Prevention for Undergraduates

Opens: July 17th
DUE: August 23rd
ALCOHOL

ALCOHOL DOES NOT GIVE YOU WINGS

DRINKING IMPAIRS JUDGMENT AND CAN MAKE US FEEL INVINCIBLE. 16% OF LOYOLA STUDENTS HAVE INJURED THEMSELVES OR OTHERS WHILE DRINKING ALCOHOL.

LOYOLA WELLNESS CENTER  LEARN MORE AT LUC.EDU/WELLNESS

DON'T LET YOUR ALTER EGO BE A VILLAIN

39% OF LOYOLA STUDENTS HAVE DONE SOMETHING THEY REGRET WHEN DRINKING. ALCOHOL HEIGHTENS EMOTIONS AND IMPAIRS JUDGMENT.

LOYOLA WELLNESS CENTER  LEARN MORE AT LUC.EDU/WELLNESS
ALCOHOL

• 1 on 1 reflection meetings (BASICS)
• Alcoholics Anonymous (every Tues, 1:30-2:30, Centennial Forum)
CONSENT

The safe zone is the FRIEND ZONE

If your friend is too drunk to have sex, don't invade your friend's zone.
If they're too drunk to have sex, it's sexual assault.

Be prepared to STOP

Consent can be withdrawn at any time.
Sex without consent is sexual assault.

Learn more at LUC.edu/CCRT
GENDER-BASED VIOLENCE

- umbrella term for any harmful act that is perpetrated against a person’s will
- based on socially ascribed (gender) differences between males and females

-United Nations Entity for Gender Equality and the Empowerment of Women
RESOURCES

- www.luc.edu/coalition
- Sexual Assault Advocacy Line: 773-494-3810
- Trainings
ADVOCACY SERVICES

• Advocacy is
  • Specialized services and support for survivors of gender-based violence provided by highly trained advocates
  • Completely confidential

• An Advocate can
  • Help survivors process incidents of gender-based violence and trauma
  • Assist survivors in safety planning
  • Provide information about survivors’ rights and resources and assist in navigating these systems
    • Loyola
    • Medical
    • Legal
  • Accompany survivors to meetings and appointments, as appropriate
  • Provide appropriate referrals both on and off-campus
Confidential Resources

- Sexual Assault Advocacy Line
- Wellness Center counselors, medical providers & advocates

Non-Confidential Resources

- Everyone else employed by Loyola, including students
MENTAL HEALTH

Purple Chill

Deep Breathing

Muscle Relaxation
Good exercises to try after Deep Breathing.

Repetition Practice
Repetition of words and phrases that promote relaxation.
MENTAL HEALTH

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

*Groups and Counseling are Free to LUC Students
WELLNESS FAIR

- Wednesday, October 2nd
- 12-4 pm, Damen MPR
- Free Flu shots, massages, wellness activities, and snacks!
SOCIAL MEDIA-ASHLAR

Follow Loyola’s therapy dog for cute content!

Instagram: @ashlarthetherapydog

Facebook: Ashlar the Therapy Dog

Twitter: @askashlar

Liked by sasloyola and 198 others
ashlarthetherapydog I visited Academic Advising today, and they have some comfy chairs! Oh and nice students too! ❤️
Thank you!

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