SUPPORTING YOUR STUDENT’S WELLBEING
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
  - WTC: 26 E. Pearson
WELLNESS CENTER 101

WHEN?

• Fall and Spring Semester
  – Monday-Friday, Saturday am

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

WHY?

• Medical care
  – Acute illnesses and conditions including but not limited to: respiratory infections, urinary tract infections, headaches, abdominal pain, STIs, and dermatologic conditions

• Mental health care
  – Brief individual psychotherapy
  – Group Counseling (including mindfulness meditation)
  – Care management and community referral service

• Advocacy Services
  – Support and resourcing for sexual assault, dating/domestic violence/stalking

• Nutrition
  – Weight management, eating disorders, sports nutrition, GI problems
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HOW?

• Dial-A-Nurse
• Online Scheduling
• Sexual Assault Advocacy Line
WELLNESS CENTER 101

WHAT?!

- FREE!*
- Don’t bill insurance

*Lab tests, immunizations, and medications may carry a small fee
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
• Consequences for non-compliance include a registration block
PARTNERS IN PREVENTION

Having critical conversations with your student
PARTNERS IN PREVENTION: ALCOHOL

You have a role to play!

Conversation tips

➢ Look for opportunities to raise the topic naturally
➢ When asked about your own past drinking behavior, be honest
➢ Communicate your expectations
PARTNERS IN PREVENTION: GENDER-BASED VIOLENCE

Conversation Tips

- Everyone benefits from understanding *consent-mutual agreement without fear, pressure, or incapacitation*
- The survivor is never to blame
- Know the resources
  - www.luc.edu/coalition
  - Sexual Assault Advocacy Line: 773-494-3810
PARTNERS IN PREVENTION: STRESS, ANXIETY, HOMESICKNESS

Acknowledge
• New stage in your relationship
• Coping skills already exist!

Communicate
• Expectations
• Listen
• Provide on-site resources

Trust
• Yourself
• Your student
PARTNERS IN PREVENTION: PLANNING AHEAD FOR NEEDED CARE

- No geographic cure, or “Cure by College”
- Arrange needed care and provider relationships in advance
- The Wellness Center can help!
QUESTIONS?
WELCOME TO THE LOYOLA FAMILY!

Preparing people to lead extraordinary lives