

We're here.

Student Wellness Center

840 E. 59th Street
773.834.9355
Monday-Friday: 8 am – 5 pm

Urgent Medical Care

Schedule a same-day appointment: uchicagoportal.pointnclick.com
24/7 Nurse Advice Line: 866.243.1242 (free of charge)
24/7 Answering Service/Reach the on-call Student Wellness Provider: 773.834.9355

Urgent Mental Health Care

Walk-in hours: Monday - Friday, 8:30 am - 5:00 pm
24/7 Therapist-on-Call: 773.702.3625
24/7 Timely Care TalkNow: timelycare.com/uchicago

Emergency

911

Emergency Room

5656 S. Maryland Ave.

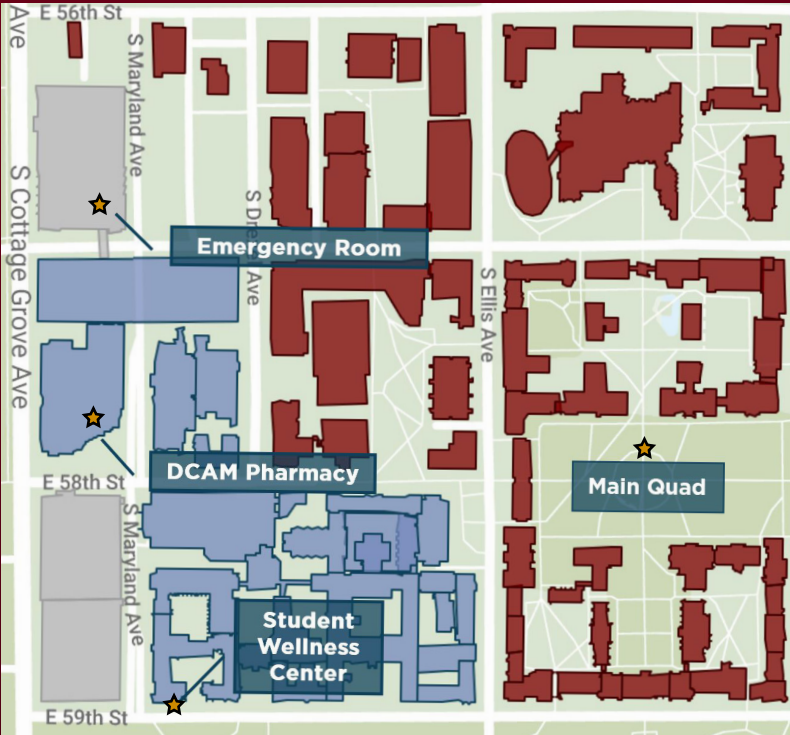
University of Chicago Police Department

773.702.8181 or 911

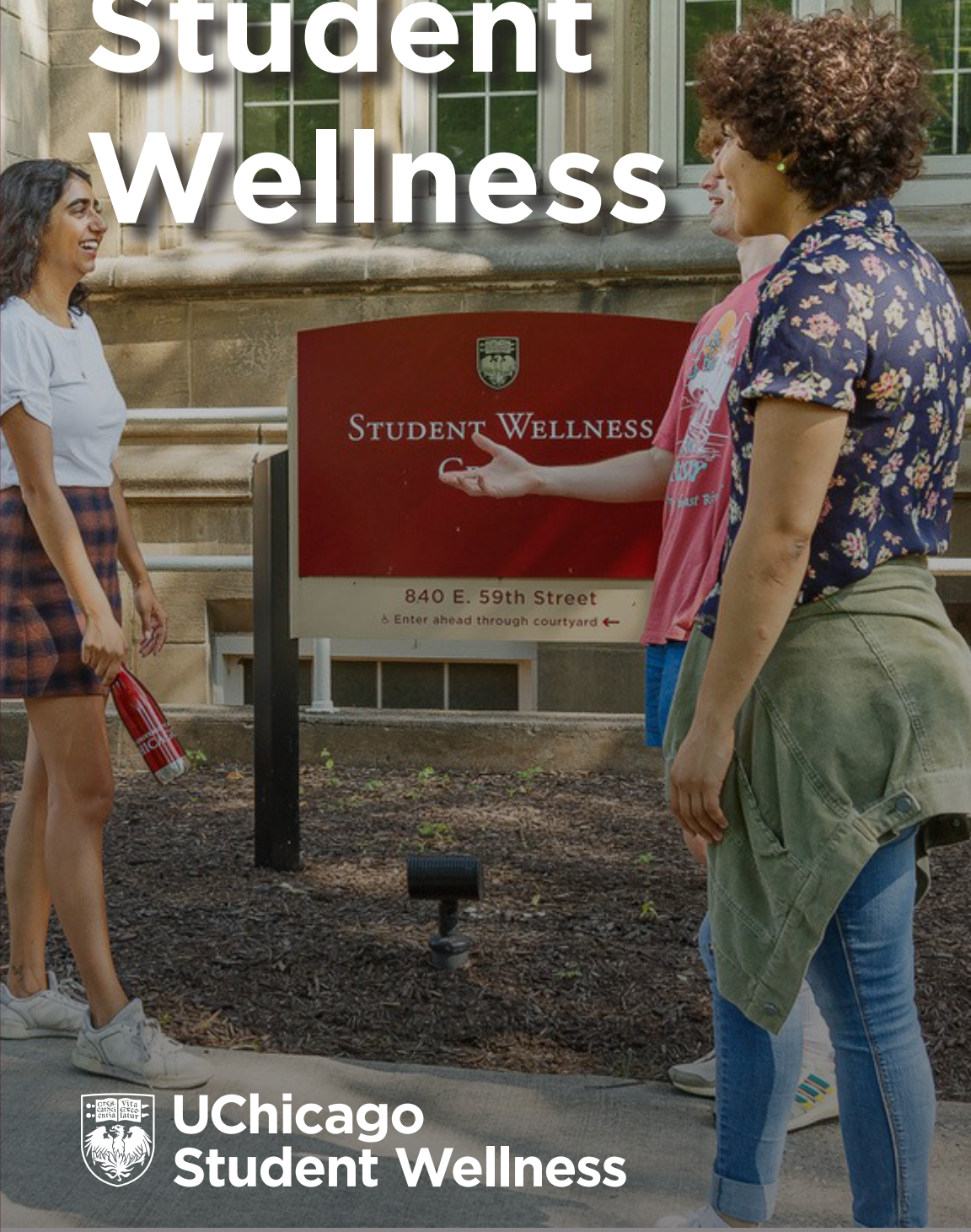


THE UNIVERSITY OF
CHICAGO

CAMPUS AND STUDENT LIFE



UChicago Student Wellness



UChicago
Student Wellness

UChicago Student Wellness

At UChicago Student Wellness, our mission is to provide students with comprehensive medical, mental health, and health promotion services to support their academic, personal, and professional success. UChicago Student Wellness believes that wellness is essential for academic and personal success.

Our multidisciplinary staff are a highly trained and diverse group with various identities and specialties. We are committed to providing care that is inclusive and strive to support our diverse student community. We provide:

- Medical Services
- Mental Health Services
- Health Promotion Programs and Services
- Student Health Insurance

Eligibility and Covered Services

Eligibility for services at UChicago Student Wellness is based on a student being actively enrolled in an eligible program of study. Most degree programs that convene full-time on the Hyde Park campus are eligible. For questions about whether your program is eligible, please contact your area dean of students or call UChicago Student Wellness at 773.834.9355.

For detailed information on Student Wellness services that are covered, at no cost, for eligible students, please visit our website using the QR code below.



Health Promotion

UChicago Student Wellness is committed to promoting healthy lifelong behaviors that improve students' quality of life and help them reach their highest potential. We do this by developing innovative and evidence-based initiatives that focus on seven key facets of well-being and by helping to enhance the environment and community at UChicago.



UCHICAGO SEVEN FACETS OF WELL-BEING

Our staff works to understand UChicago students' needs and assists them in working toward their optimal well-being by offering information, resources, and programs focusing on seven facets of well-being. We support students by:

- Exploring alcohol and other drug use through consultations and supports, such as BASICS (Brief Alcohol Screening and Intervention for College (and Graduate) Students) and the Student Recovery Group.
- Creating social connections and establishing healthy relationships through programs like the Better Together initiative.
- Supporting students and their community's mental and emotional well-being with programs like Maroon Mental Health Matters, Pet Love, Stress Relief Day, and Wellapalooza.
- Practicing stress relief techniques through Mindfulness Meditation and Restorative Yoga.
- Understanding and taking ownership of their physical well-being with the Refresh Sleep Program and Safer Sex Supplies.

Get Involved with UChicago Student Wellness:

- Peer Health Advocates
- WellCzars
- Student Health Advisory Board





Mental Health Services

Our diverse staff of mental health clinicians are available to assist and support students with an array of mental health concerns, including: life transitions, academic stress, relationship issues, depression, anxiety, substance misuse, and eating concerns, among others.

To access any of the services listed below, students need to schedule an initial consultation with one of our mental health clinicians.

Our Mental Health team supports students through various types of services, including:

- Short-term individual and couples counseling
- Psychiatry services and medication management
- Therapy and support groups
- Support spaces for international students, LGBTQ+ communities, and students of color
- Referral services
- Academic Skills Assessment Program (ASAP)
- Let's Talk (informal, confidential, and anonymous drop-in consultations with counselors)
- Psychoeducational workshops
- Alcohol and other drug assessments



THE UNIVERSITY OF
CHICAGO

timelycare

UChicago Student Wellness offers access to TimelyCare, a leading telehealth company specializing in serving students. The service is designed to increase convenience and access to mental health care and complements the in-person and virtual services offered through Student Wellness. Eligible students have access to:

- TalkNow (24/7/365)
- Scheduled Counseling
- Psychiatry
- Health Coaching
- Digital Self-Care Content



TimelyCare is available in all 50 states. Create your free account at timelycare.com/uchicago or by downloading the app.

Medical Services

UChicago Student Wellness has a primary care clinic that provides acute care as well as routine medical services.

Medical Services available through Student Wellness include:

- Primary (everyday healthcare) and acute (sudden illness or injury) medical care
- Routine medical care (such as physicals)
- Gynecological care
- Laboratory testing
- Sexually transmitted infection (STI) testing and treatment
- Immunizations
- Assistance navigating care
- Eating concerns assessment and support



In order to care for you most efficiently, visits are by appointment only. Student Wellness offers in-person and telehealth visits. Same day appointments are available via phone or on the Wellness Portal.

During business hours, our nurses are happy to provide medical advice or assist students. Students can call the Student Wellness Center at 773.834.9355 and ask to speak to a nurse or message the nurse via the Wellness Portal.

Outside of business hours, students may call the Nurse Advice Line (24/7) at 866.243.1242 or the Student Wellness on-call provider at 773.834.9355.





University Health Insurance Requirement

The University requires all students to carry health insurance that covers, among other costs, hospitalization, specialty care, prescription drugs, and outpatient diagnostic and surgical procedures provided within the Chicago area.

For students who do not have an adequate health insurance plan, the University administers the University Student Health Insurance Plan, or U-SHIP, which meets the University's requirement for health insurance. Each year, eligible students must either enroll in U-SHIP or provide proof that they have comparable coverage. For more information about the insurance enrollment/waiver requirements, scan the QR code below.

Students are encouraged, but not required, to first go to UChicago Student Wellness to receive medical and/or mental health services unless they are experiencing an emergency. Most services received at Student Wellness are covered, at no cost, for students in eligible programs.

If you are enrolled in U-SHIP, on-campus U-SHIP advocates are able to answer questions about your covered health benefits and other topics related to U-SHIP. Contact the on-campus advocates at 773.834.4543 (select option 2) or at uchicagoadvocates@uhcsr.com.

