WELCOME to Lewis University!
**Where can you find us?**

**LOCATED IN THE LOWER LEVEL OF MOTHER TERESA HALL**

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<table>
<thead>
<tr>
<th>Health Services</th>
<th>Counseling Services</th>
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<tbody>
<tr>
<td><strong>Office Hours:</strong> M-F 8:30am-4:30pm</td>
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<tr>
<td>Physician Hours: M &amp; Th 12:45pm-3 pm</td>
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- Immunization records & updates
- Treatment of minor illnesses/injuries
- Annual Flu vaccinations
- General health information
- Outreach programming
- Prescription & over-the-counter medications
- Information on various concerns & referrals to outside professionals

- Individual counseling
- Counseling and support groups
- Crisis intervention
- Consultation
- Outreach programming

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**Center for Health & Counseling Services**

[Image of the building]
✓ **Measles-Mumps-Rubella (MMR)**
  2 doses of MMR administered on/after your 1st birthday.

✓ **Diphtheria-Tetanus-Pertussis (DPT/DT/Td/Tdap)**
  Any combination of 3 or more doses. Must have proof of at least one dose received within 10 years prior to the term of current enrollment.
  *One dose MUST be TDAP.*

✓ **Meningococcal Conjugate Vaccine (MCV4)**
  All students 21 & younger must have at least one dose administered at age 16 or older.

**Deadline for Compliance:**
September 1st

Students not in compliance by the deadline will have a Medical Hold placed until compliant.

A non-refundable $50 late fee will be assessed if still not compliant by the 1st week of October.
CHALLENGES IN COLLEGE

- managing independence/responsibility
- deciding what to do with one’s life
- time and priority management
- sorting values, politics, faith, worldview
- fitting in to a large, diverse group
- navigating relationships
Wellness & Self Care

8 DIMENSIONS OF WELLNESS

- **Environment**: Good health by occupying pleasant, stimulating environments that support well-being.
- **Emotional**: Coping effectively with life and creating satisfying relationships.
- **Intellectual**: Recognizing creative abilities and finding ways to expand knowledge and skills.
- **Financial**: Satisfaction with current and future financial situations.
- **Physical**: Recognizing the need for physical activity, diet, sleep and nutrition.
- **Social**: Developing a sense of connection, belonging and a well-developed support system.
- **Occupational**: Personal satisfaction and enrichment derived from one’s work.
- **Spiritual**: Expanding our sense of purpose and meaning in life.
Student clients surveyed in 2018-19:

95% said, “I am better able to address the concerns that caused me to seek counseling.”

81% said, as a result of counseling “I was able to maintain or improve my academic performance.”
STILL IN A KEY ROLE

During the transition to college, parents and caregivers can encourage positive choices and connection to resources and information.
COUNSELING WEBSITE - RESOURCES & SCREENING TOOLS

https://lewisu.edu/student-services/health/counseling-services/index.htm
LU Cares

Stand up and make a difference.

Report Sexual Misconduct
Report sexually oriented harassment.

Get Informed
Learn more about sexual assault, harassment, violence, and stalking.

Reaching out for help
Identify resources on campus and in the community, being yourself or a friend.

Parent Resources
Online resources for parents.

Title IX
Learn the basics about Title IX and how it impacts you.

What can you do?
Find out ways that you can help a friend and others in your community.

Staff and Faculty
Learn what your role is as a responsible employee.

Rights and Options
A brief summary for those who have experienced sexual misconduct.

HTTPS://WWW.LEWISU.EDU/STUDENTSERVICES/LUCARES/INDEX.HTM/.htm
BEST WISHES AND THANK YOU!

https://www.facebook.com/FlyerWellness