Confidentiality

The Student Wellness Center team upholds professional ethical standards and abides by state and federal laws regarding confidentiality. Staff will always obtain a release of information with approval from students, if necessary or helpful, unless there is an imminent risk of harm-to-self or others.

Student Wellness Center Hours

8:30 am to 5 pm, Monday to Friday

Check online for schedule/hours updates:

• Fall and Spring semesters, may have early evening appointment availability.
• June/July Summer Center hours are decreased to two days per week.
• Appointments are recommended.
• Urgent care walk-ins are available.

To schedule an appointment call (815) 836-5455 or visit the website for the Request More Information Form.

We are a Sanctified Zone

The Student Wellness Center team is committed to providing a safe, welcoming environment for all students regardless of their gender, gender expression, gender identity, ethnicity, race, language, culture, religious/spiritual beliefs, sexual orientation, national origin, immigration status, age, size, physical and mental abilities, and/or socioeconomic status. We uphold and carry out the values of the Lewis University Sanctified Zone in our professional roles and service to students.

lewisu.edu/StudentWellnessCenter
(815) 836-5455
fax: (815) 836-5567
(Health Services)
fax: (815) 836-5344
(Counseling Services)
Health Services
Stay Well.
Staffed by health care professionals, our licensed Nurse Practitioner and Registered Nurse offer services for acute, non-emergency illnesses and minor injuries.

Health services offered:
- Treatment of minor illnesses and injuries
- Basic prescription and over-the-counter medications for many non-chronic conditions
- Medical equipment loans (i.e., crutches)
- Tuberculosis screening/testing
- Immunization updates and other illness prevention programs
- Blood pressure screening
- Consultation and assistance for the State of Illinois Immunization Compliance Mandates for College Attendance.
- Light therapy (Our Verilux Light Box helps beat the winter blues)
- Relax and unwind in our massage chair
- Private lactation space for mothers
- Immunization updates and other illness prevention programs
- Medical equipment loans (i.e., crutches)
- Tuberculosis screening/testing
- Immunization updates and other illness prevention programs

Counseling Services
Be Well.
Staffed by mental health professionals, licensed counselors and supervised clinical interns, who offer therapeutic support for issues affecting students’ academic success or quality of life. Reasons for seeking services often include depression, anxiety, life transitions, relationships, drug/alcohol abuse, trauma, loss, grief, stress or self-esteem/general health and well-being.

The following professional services are available at no charge to Lewis University Students:
- Short-term individual counseling
- Group counseling and support groups
- Outreach and classroom presentations
- Wellness/prevention education workshops
- Consultation and care coordination
- Urgent care and crisis intervention support
- Referrals to community resources

The Student Wellness Center’s mission is to empower Lewis University students to maintain and enhance their physical and emotional health and well-being. Our multidisciplinary team provides access to quality, equitable health care, therapeutic services, prevention education and resources to support students’ holistic health and well-being.

Our Telehealth Services Partner, TimelyCare

Fly Well.
Lewis University partners with TimelyCare – a virtual medical, mental health and well-being platform for enrolled students. TimelyCare offers 24/7 access to virtual health care for students from anywhere in the United States, at no cost.

- **TalkNow:** 24/7, on-demand emotional support. Students can connect by phone or video.
- **MedicalNow:** 24/7, on-demand medical care.
- **Scheduled Virtual Counseling:** Select the day, time, and mental health provider of your choice. Twelve free virtual counseling sessions per academic year. Can coordinate back with Student Wellness Center Counseling Services for further care and community referrals as needed and appropriate.
- **Scheduled Medical/Health Services:** Select the day, time, and medical provider of your choice.
- **Scheduled Psychiatric Care:** coordinated through referral from Student Wellness Center or a TimelyCare clinician, if clinically helpful and appropriate.
- **Health Coaching:** 30 min support sessions for developing healthy lifestyle habits such as sleep, nutrition, mindfulness and exercise.
- **Self-Care Content:** Mindful meditation, yoga sessions and group conversations with our providers on a variety of health and well-being topics.
- **Peer Community:** 24/7 online forum to give and receive support from other TimelyCare students from across the nation.

To access care and resources, go to timelycare.com/lewisu or download the TimelyCare app. Use your Lewis University email to log in.