Health Hub
Student Health Center [Issue: 1]
www.health.uni.edu

Staff Spotlight
Nurse Practitioner—Health Clinic

What is your role at the Student Health Clinic? "I help students with any medical and/or mental health concerns they may have."

What is your favorite part about working in the UNI Student Health Center? "I know college isn't always easy, and I love helping the students feel better so they can achieve their goals."

What are your hobbies outside of work? "I enjoy playing with my kids and teaching them new things. I used to love running, being active outdoors, and reading...I'm sure someday I will have time for those things again once the kids are a little bigger."

Health Clinic Helpful Hints

-The clinic offers free and confidential gonorrhea and chlamydia testing, you simply have to make an appointment by calling 319-273-2009. There is also testing for Syphilis, Human Papilloma Virus (HPV) in women, genital herpes when symptoms are present, and HIV which will be charged to your insurance or billed to you.

-Be prepared for sickness by grabbing some discounted over-the-counter medication at the UNI Pharmacy which can be charged directly to your U-Bill.

-Appointments can be made by calling 319-273-2009 or NEW this year online through the Patient Portal located at https://health.uni.edu/. Look at past medical records, health information, and appointment reminders all in one place.

-Have any questions about services offered? Call the resource nurse during business hours at 319-273-5161.

Want to be seen by one of the clinic's providers?
Visit the team of:
- Medical Doctors
- Physician Assistants
- Nurse Practitioners
- Nurses
- Psychiatrist

Make an appointment online on the Patient Portal
https://health.uni.edu/

Flu Shot Clinic
The CDC recommends an annual flu shot as the most important step in protecting against the flu!

Mark your calendars for the following flu shot clinics!
1. Oct. 24 Redeker Center Lounge 11:00-1:00
2. Oct. 25 SHC 8:00-4:00
3. Oct. 30 WRC-Hall of excellence 2:00-4:00
4. Nov. 6 SHC 8:00-4:00

*The cost of the flu shot for students is $30 for those without health insurance or the SHC will file a claim with your health insurance.

Stay up-to-date on the latest health information!

@UNI_SHC
Appointments

Available to enrolled UNI Students who have also paid the mandatory health fee. The first step in making an appointment is to schedule an initial assessment.

**Initial Assessment:** 319-273-2676

The Counseling Center provides groups, couples therapy, and short-term individual counseling. The number of appointments and frequency will be determined between you and your counselor, depending on what your identified goals are.

**Groups:** There are currently spots available in our Thursday Anxiety Group and Mindfulness Mondays sessions. Call for your 15 minute pre-group orientation session today to get started with a group!

The Counseling Center also encourages you to sign up for a QPR training to learn how you can make a difference and partner with us on mental health awareness and suicide prevention.

**Register online at:** counseling.uni.edu/trainingandworkshops

Self-Help Resources

Wanting some more information on resources available to you? Check out https://counseling.uni.edu/self-help-resources

Crisis Services

For a life threatening mental health emergency, call 911 or go to the nearest hospital emergency department.

Outside of regular office hours, call the Counseling Center at 319-273-2676 and press 2 to speak to a crisis counselor.

During regular office hours, call the Counseling Center at 319-273-2676 and press 2 to speak to a licensed mental health crisis counselor or press 1 and let the receptionist know you are having an emergency and she will arrange a time for you to meet with a counselor for an emergency appointment. You may also come to the Counseling Center during office hours to receive assistance.

Students may also contact the 24/7 crisis text line:

Student Wellness Services

**Wellness Coaching is Here for YOU!**

Wellness Coaching is a way for students to create the life they want by exploring their strengths and focusing on their health and well-being. The eight dimensions of wellness are utilized to assess which dimension(s) the student's goal will address. Through the process of coaching, students may increase self-awareness and self efficacy, achieve goals, and have an increased sense of life satisfaction, purpose, and meaning.

To schedule an individual session visit: studentwellness.uni.edu/wellness-coaching

**Wellness in Rod**

Join us for **Wellness Wednesdays and Take Time Thursdays** each week to experience rejuvenating and interactive activities. We’re here to offer support and provide opportunities for you to relax and unwind during the busyness of your day.

Drop-in the Makerspace, Lib 286 any time between 11:00am - 1:00pm every Wednesday and Thursday throughout the semester. Email Shawna Haislet (shawna.haislet@uni.edu) for more details!