**Student Health Services** is not only for those times when you are ill or injured. We are also a wellness resource, and offer inclusive, comprehensive, multidisciplinary services and programs that can assist you in achieving optimal health and well-being.

Basic first aid, consultations with a registered nurse, nutrition and physical activity counseling are provided at no charge. For most other services, we use a fee-for-service billing model, similar to your private physician’s office, which may include insurance co-pays or deductibles.

**Services offered include:**
- 24/7 Advice Nurse
- Primary Care
- Allergy Shots
- Assault Crisis Services
- Immunizations
- Overnight Care
- Nutrition
- Physical Activity Counseling
- Travel Wellness Consultations & Travel Vaccinations
- STD/STI testing
- Gynecological Services
- Pharmacy
- Radiology
- Blood Drawing Station

Same day appointments are almost always available. Students may save time by self-scheduling on the web at myHealth.uconn.edu

**Accredited by the Accreditation Association for Ambulatory Health Care (AAAHC)**

Counseling and Mental Health Services (CMHS) promotes emotional well-being of UConn students by providing a wide range of mental health services on campus.

The CMHS staff is committed to providing high quality care in a safe, confidential, and non-judgmental atmosphere. CMHS uses a short-term, strengths focused model of treatment that honors the fundamental dignity and striving of the human person. We work in close collaboration with other departments and community partners at UConn to achieve our goals.

**Services offered include:**
- Community Workshops and Events
- Consultation Drop-in Services
- Recognition, Insight, Openness-Mindfulness Workshops
- Yoga for Stress Relief
- Campus and Community Referrals
- Individual Therapy
- Group Therapy
- 24/7 On-Call for Mental Health Crises
- Medication Evaluations
- Alcohol and Other Drug Intervention

Please visit our website or call CMHS to learn more about our services.

**Accredited by the International Association of Counseling Services (IACS)**

We provide all of our services for free, with the exception of some sanctioned programs. Students are able to “drop in” to our office, including our Relaxation Station whenever we are open.

**Health Education Resources:**
- Sexual Health Programs
- The UConn Sexpert peer educators
- Stress Management Programs
- Pet Therapy
- Late Night Events
- Relaxation Station which hosts our weekly Time Out Tuesdays

**Alcohol & Other Drug Resources:**
- AlcoholEdu
- UConn Recovery Community (URC)
- One-on-one and group educational sessions on alcohol & marijuana
- Late Night Events
- Alcohol Screening Events
- 21st Birthday Campaign

Health Education and Alcohol and Other Drug Education are housed within Wellness and Prevention Services. We strive to create an environment that encourages and supports healthy decisions and behaviors. Our goal is to promote and assist students in achieving a balance of lifelong wellness through various educational programming, skill building techniques, and resources.

**Services offered include:**
- Health Education Resources:
- Alcohol & Other Drug Resources:
- Wellness & Prevention is located on the 1st Floor of Wilson Hall in South Campus.

Counseling & Mental Health Services is located on the 4th floor of the Arjona Building near Mirror Lake.

Accredited by the Accreditation Association for Ambulatory Health Care (AAAHC)
URGENT CARE & SPECIALISTS

UCONN HEALTH
Urgent Care and Medical Specialists (Cardiology, General Surgery, Neurology, Obstetrics and Gynecology, Orthopedics) as well as Dentistry, radiology, and a Blood Draw Station are located just off campus at UConn Health in Downtown Storrs, while Physical therapy services are offered at the Nayden clinic next to South Campus.

Urgent Care
One Royce Circle, #103
Storrs, CT
860-487-9300

Medical Specialists
One Royce Circle, #104
Storrs, CT
860-487-9200

Dental Services
One Royce Circle, #108
Storrs, CT
860-487-9300

Physical Therapy and Rehab Services
Nayden Rehab Clinic
843 Bolton Road
Storrs, CT
860-486-8080

Please note that while Student Health Services and UConn Health collaborate closely with each other clinically, they are different business entities, particularly for insurance and billing purposes. Bills and statements from University Medical Group and/or John Dempsey Hospital indicate services were provided by UConn Health rather than UConn Student Health Services. Be sure to check your insurance coverage for Urgent Care Services as the co-pays and deductibles may be different than those at Student Health Services.

EMERGENCY CARE

HARTFORD HEALTHCARE
Windham Hospital Emergency Center
112 Mansfield Ave
Willimantic, CT 06226

UConn Fire Department is the campus EMS provider and in most cases requiring emergency transport, students will be taken by UCFD ambulance to Windham Hospital, about 10 miles from campus. The ED Physicians there are from Northeast Emergency Medicine Specialists, a private practice group. Radiologists at Windham Hospital are affiliated with Jefferson Radiology, a Hartford Healthcare partner.