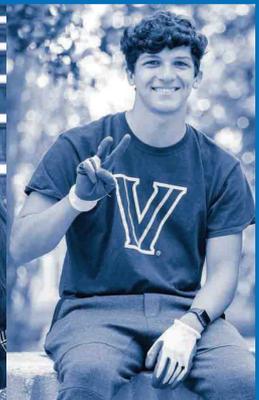




VILLANOVA
UNIVERSITY

STUDENT HEALTH AND WELL-BEING

A GUIDE TO CAMPUS SERVICES AND RESOURCES





Dear Villanova Community,

Villanova University values a co-curricular experience rooted in the ideals of *Veritas, Unitas and Caritas*—Truth, Unity and Love. At the heart of the Augustinian experience is caring for those in our community, which means supporting the health and well-being of oneself and those around us.

In this booklet, you will learn more about the ways Villanova supports the holistic development of each student—mentally, physically, spiritually, culturally, emotionally and socially. We realize that students and their loved ones care deeply about health and well-being and that well-being contributes greatly to student success. We invite you to learn more about services within the Division of Student Life and to utilize them in the weeks, months and years ahead.

We are thrilled to have you as a Villanovan and a part of our thriving community.

Sincerely,

A handwritten signature in black ink that reads "Kathleen J. Byrnes". The signature is fluid and cursive, with a long horizontal flourish extending to the right.

Kathleen J. Byrnes, JD
Vice President for Student Life



STUDENT HEALTH AND WELL-BEING AT VILLANOVA

WHAT IS WELL-BEING?

Well-being is related to a person's assessment of their own happiness and life satisfaction. It is impacted by many things—from identity, to life experiences, to health and a sense of belonging. Similarly, it is nourished in many ways: spending time with friends; building connections and relationships on campus; developing social and cultural competencies; and engaging with student organizations, sports, or service opportunities.

Well-being also flourishes with healthy habits—a growth mindset, good sleep, exercising and eating well, keeping up with studies and using support services on campus.



OFFICE OF HEALTH PROMOTION

The Office of Health Promotion facilitates programming, resources and services that support **personal and community well-being**, promotes a campus environment that supports students' ability to **thrive, matter and succeed**, engages and empowers students to create positive, healthy change in their own lives and in the life of their community(ies) and recognizes that students are not all the same. Knowing this, we amplify student voices in all that we do to ensure that we are considering the ever-changing college student experience.

SERVICES AND RESOURCES

- **Well-Being Campus Programming and Initiatives** Including pet therapy, nutrition-on-the-go, QPR training, monthly newsletters and much more.
- **Online Courses** Required participation in sexual violence prevention and alcohol use; optional courses on mental health and well-being and prescription drugs.
- **Thrive 365 and Nod** An online portal and mobile app that adapts and customizes to individual goals and interests to promote overall health, well-being and lifelong healthy habits.
- **POWER: Peers Offering Wellness Education and Resources** Students who work collaboratively with campus partners to provide information, resources, events and programs related to health and well-being.
- **Well-Being Coaching** Available with trained staff on alcohol screening and intervention, nutrition, sleep, stress management and tobacco cessation.
- **Comprehensive Bystander Intervention Training** Helps students learn how to effectively intervene in situations involving alcohol and sexual violence.



DIRECTOR
Stacy Andes, EdD

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STUDENT HEALTH CENTER

The Student Health Center serves many of the same functions that primary care providers serve for students when they are home. Our staff of physicians (who are also associated with local hospitals), nurse practitioners, RNs and other professionals have expertise in dealing with the health concerns associated with college-age students.

Open 24 hours a day, 7 days a week during the academic year

SERVICES

General Health Including evaluation and treatment of illnesses and injuries, preventive care, case management and treatment of chronic conditions.

Sick Visits These visits include but are not limited to cold, cough, respiratory infections, sore throat, skin disorders, minor injuries, concussions and urinary tract infections (UTI).

Immunizations The Student Health Center provides routine immunizations such as Tetanus, Diphtheria and Hepatitis A and B. In certain circumstances, additional immunizations can be administered.

Allergy Injections The Student Health Center administers immunotherapy injections by appointment using the students' physician-prescribed serum.

Laboratory Testing Laboratory testing is available through the Student Health Center when ordered by a Student Health Center provider or by an off-campus clinician.

HIV and STI Testing Confidential HIV testing as well as testing for sexually transmitted diseases is available to students on an ongoing basis.

Women's Health Nurse practitioners provide services such as annual gynecologic exams, evaluation and treatment of infection and pregnancy testing.

Overnight Infirmery Students who require close observation or who need bed rest may receive care in the inpatient unit. Registered nurses care for these students 24 hours a day, seven days a week.



DIRECTOR

Mary McGonigle, DO

CONTACT US

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PATRICIA B. AND GARY M. HOLLOWAY UNIVERSITY COUNSELING CENTER

With services ranging from in-person counseling and discussion groups to a 24-hour online counseling service, the University Counseling Center provides a variety of pathways to support students with diverse backgrounds, experiences and needs.

SERVICES

*Students are welcome to visit the University Counseling Center for any issue or concern they encounter. Services are **confidential, free and voluntary**. Common topics include, but are not limited to:*

- **Individual Personal Counseling:**

- Anxiety and/or depression
- Balancing academics and social needs
- Disordered eating
- Drug and alcohol misuse
- Experiences of marginalization and/or microaggressions
- Family concerns
- Feelings of isolation
- First-generation experience

- Friendship problems
- Gender identity/sexual orientation
- Homesickness
- Illness or death of a friend or family member
- Loneliness/shyness
- Loss of a relationship
- Personal trauma
- Romantic concerns

- **Crisis Management**

- **Educational Programming**

- **Student Discussion Groups**

- **Suicide Prevention Training** (in conjunction with the QPR Institute)

Villanova University partners with UWill, a leading mental health platform, to provide round-the-clock no-cost counseling services to students. This serves as a secure and convenient path to clinical services beyond the usual University Counseling Center hours, including evenings and weekends. A crisis helpline is also available 24/7. *Scan here for more information:*



DIRECTOR

Nathalie Edmond, Psy.D.

CONTACT US

Health Services Building, Room 206

Phone: 610-519-4050

Website: villanova.edu/counselingcenter

Student Health and Well-Being at Villanova



LEARN MORE

We invite you to learn more about the wide array of health and well-being opportunities in Student Life and throughout the University.

Please scan the QR code above for additional information.

DIVISION OF STUDENT LIFE

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