



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 line 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 nourished in many ways: spending time with friends; building connections and relationships on campus; engaging with student organizations or sports; or getting involved with service.

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



# OFFICE OF HEALTH PROMOTION

The Office of Health Promotion provides evidence-based health resources, facilitates opportunities for students to build skills to make healthy lifestyle choices, and instills a sense of personal responsibility for individual health and its impact on the health of the community. Health Promotion staff members consult with students on college health and well-being and develop programs and educational opportunities.

## 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.



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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.
- **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.



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# PATRICIA B. AND GARY M. HOLLOWAY UNIVERSITY COUNSELING CENTER

The University Counseling Center is available to help students with personal and emotional concerns—no topic is too small or too large. With a variety of services and resources, the Counseling Center helps students function optimally with regard to emotional, academic, social and psychological issues.

**Beginning in August 2022, 24/7 counseling services are available in addition to traditional in-person counseling appointments.**

## SERVICES

*Students are welcome to visit the University Counseling Center for any issue or concern they encounter. 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
  - Family concerns
  - Feelings of isolation
  - First-generation experience
  - Friendship problems
  - Gender identity/sexual orientation
  - Homesickness
  - Identity and multicultural dynamics
  - Illness or death of a friend or family member
  - Loneliness/shyness
  - Loss of a relationship
  - Personal trauma
  - Romantic concerns
- **Student Discussion Groups**
- **Educational Programming**
- **Suicide Prevention Training** (*in conjunction with the QPR Institute*)
- **Crisis Management**



### **DIRECTOR**

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# 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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