



S.T.A.H.L. NEWS

STUDENTS TALKING ABOUT HEALTHY LIFESTYLES

Brought to you by the CHWB and MVRC

August 2023

The CHWB and the MVRC Are Here To Serve You!



Whether you are a returning student or a new face to IUP, two areas you must learn about are **The Center for Health and Well-Being (CHWB)** and the **Military and Veteran's Resource Center (MVRC)** located in Suites on Maple-East. While you face test after test, both academically and personally, the Center is here to provide personal wellness by offering services for your total well-being: physical, mental, and emotional. For more information, visit

www.iup.edu/chwb
www.iup.edu/veterans/resource-center

The Counseling Center

We allow students the opportunity to integrate their personal goals with their academic goals. We provide Individual/Group Counseling and Consultations.

Call for an appointment at 724-357-2621 or walk in M-F from 1:00 pm — 3:00 pm (walk in hours).

Case Management Services

We connect students to resources and services, both on and off campus. Services include:

- *community inpatient and outpatient mental health services
- *resources for basic needs such as food, toiletries, clothing, housing, and utility assistance
- * helping students utilize their private health insurance to access providers in network
- *assisting students in signing up for medical assistance and SNAP benefits. Call 724-357-2621 or come in and make an appointment with the Case Manager.

www.iup.edu/counselingcenter

The Haven Project

We are a department on campus that provides free, confidential support to those that have experienced sexual violence, domestic/dating violence, and stalking. We offer educational programs and awareness campaigns on Take Back the Night (TBTN), Green Dot Bystander Intervention, and RAINN Day. We offer opportunities for volunteers, internships, and practicums. Call us at 724-357-3947 for more information.

www.iup.edu/haven

Nutrition Connection

Is sponsored by the Department of Food and Nutrition. Services are provided by graduate dietitians who are supervised by faculty.

Call 724-357-4797 for the following service:

- * Nutrition Assessment
- *Intervention
- *Individual counseling.

www.iup.edu/foodnutrition—click on services

Health Service

Our goal is to help students be successful by maintaining and improving their health and wellness. Services include: * Physicals

- * COVID vaccines
- * Flu shots
- * TB tests
- * Plan B
- * STD tests
- * Pregnancy tests
- * Women's exams
- * Basic injury and illness care
- * Transportation for medical services
- * Allergy shots.....AND MORE!

Call 724-357-2550 to make an appointment or walk in **Monday thru Thursday between 8:00 am—4:30 pm and Friday from 10:00 am —4:30 pm**

Alcohol, Tobacco, and Other Drugs (ATOD)

We offer individual consultations and educational programs on alcohol, tobacco, and other drug issues. We also offer a Resource Library on our website.

Email atod-oasis@iup.edu or call 724-357-1265
www.iup.edu/atod

Tobacco Cessation

We strive to educate students about effects of tobacco use and promote a tobacco-free environment and lifestyle by providing students with access to tobacco cessation services.
www.iup.edu/atod—click on Tobacco Cessation Services

Wellness Coaching

We offer sessions designed to help you achieve your goals around sleep, stress, substance use, and social support. Coaching is not a substitute for mental health counseling, rather it is an educational way to identify strengths and use those strengths to improve overall wellness.

www.iup.edu/student-wellness/wellness-coaching
Email well-coaching@iup.edu or call 724-357-1265 to sign up.

Military and Veteran's Resource Center

Our mission is to provide personalized and caring support to IUP student veterans during their transition from military service to college life. We work collaboratively with IUP programs and services and serve as a one-stop information and referral site to help students achieve their academic goals. Email iup-mrc@iup.edu or call 724-357-3008

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Ground floor
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