Whether you are a returning student or a new face to IUP, one building you must learn about is The Center for Health and Well-Being (CHWB), 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: physically, mentally, and emotionally. 

Visit www.iup.edu/chwb for more information.

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 daily 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 Food and Nutrition students or interns 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

Center for Health and Well-Being
Suites on Maple East
724-357-9355
www.iup.edu.chwb

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

Health and Wellness Promotion (HWP)
Peer Educators provide HWP campaigns on such topics as Body Image, Mental Health, Eating Disorders, etc. Need to decrease your stress and anxiety? Come spend some time with a dog! The Just Paws Therapy Dogs visit the campus several times a semester. Come talk with HWP staff and dog handlers and receive information regarding services available on campus and in the community.

www.iup.edu/health-wellness

Alcohol, Tobacco, and Other Drugs (ATOD)
We offer individual consultations and educational programs on alcohol, tobacco, and other drug issues to students. 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

Most services of the Center for Health and Well-Being are supported by student wellness fees.