



# S.T.A.H.L. NEWS

STUDENTS TALKING ABOUT HEALTHY LIFESTYLES

Brought to you by the Center for Health And Well-Being

August 22, 2022

## The Center for Health And Well-Being (CHWB) Is Here To Serve You!



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](http://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](http://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](http://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](http://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: \* 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.....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

### 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](http://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](mailto:atod-oasis@iup.edu) or call 724-357-1265

[www.iup.edu/atod](http://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](http://www.iup.edu/atod)—click on Tobacco Cessation Services

Center for Health and Well-Being  
Suites on Maple East  
724-357-9355  
[www.iup.edu/chwb](http://www.iup.edu/chwb)



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

Visit the CHWB website  
for more information.