HABIF HEALTH AND WELLNESS CENTER
info for Danforth Campus Students
Fall 2021

STAY WELL, DO WELL

Welcome! Consider keeping these self-care items where you live:
- Thermometer and hand sanitizer
- Sleep mask and face masks, including extra face masks to carry with you
- Basic first-aid kit
- Cough/cold/allergy relief
- Fever/pain relief
- Upset stomach relief

For info on basic self-care and how to know when to come to Habif:
http://bit.ly/DoINeedToVisitHabif

Key insurance info:
- All students are welcome at Habif, regardless of insurance plan.
- Insurance cards for all plans, including WashU’s, are necessary for every visit.
- For questions about the WashU Student Health Insurance plan, call 866-346-4826.

KEY INFO AT A GLANCE:
Dardick House, 6643 Shepley Drive, South 40
habif.wustl.edu

- Medical: 314-935-6666*
  https://students.wustl.edu/medical-health-care-services/
- Mental Health: 314-935-6695*
  https://students.wustl.edu/mental-health-treatment-direct-support-services/
- Health Promotion: 314-935-7139
  https://students.wustl.edu/health-promotion-services/

HOURS
- Habif Mon. - Thurs: 8 a.m. - 6 p.m., Fri: 9 a.m. - 5 p.m.
- Zenker Wellness Suite Mon. - Fri: 9 a.m. - 5 p.m.
- Both: Closed Sat. and Sun. and university holidays
* After hours call 314-935-6666, option 1

Schedule appointments online/sign up for text reminders.
- Same-day medical appointments available
- Rapid COVID testing available

HEALTH PROMOTION

- Visit us in Habif or in the Zenker Wellness Suite in the Sumers Recreation Center (room 303)
- Programs and communications regarding wellness promotion and risk reduction (sexual health, substance use, mental health, self-care).
- COVID-19 and Influenza information, flu shot events
- Peer Health Educator (PHE) program
- WashU-specific wellness info in CampusWell:
  https://washu.campuswell.com/
- Digital Resource library
  https://students.wustl.edu/health-wellness-digital-library/
- Lending library in Habif waiting area
- Habif Instagram, Facebook, and Twitter (see below)
- Follow us on Instagram for a chance to win a wellness prize basket and learn about ways to stay well -- and do well -- at WashU! (early September 2021)
- To get involved in wellness at WashU, email wellness@wustl.edu

Instagram: @WashU_Habif
Facebook: facebook.com/WashUHabif
Twitter: @WashU_Habif
HEALTH PROMOTION PROGRAMS AND RESOURCES (2021-2022)

ALCOHOL AND OTHER DRUGS
- Harm reduction messages
- Prescription Drug Take-Back program
- Medical Amnesty and Active Bystander Protocol
- Other services and programs TBD Fall 2021

FITNESS AND NUTRITION
- Free chocolate milk Monday-Friday in Zenker
- Tasty Tuesdays **Free fresh fruit weekly in Zenker -- and nutrition programming TBD

MENTAL HEALTH
- Info on common student mental health concerns including stress, sleep, test anxiety, procrastination, impostor syndrome, perfectionism, helping a peer in distress, finding balance, and more
- Info on Habif Mental Health Services and resources including:
  - Individual and Couples Therapy
  - Mental Health Groups
  - Let’s Talk - quick, confidential, cost-free consultations with Mental Health Services staff members
  - Therapy Assistance Online (TAO)
  - Counseling Center Referral Service

SEXUAL HEALTH
- Consultations with a sexual health expert confidential chats in Zenker (Sumers 303)
- Info on medical and mental health services related to sexual health at Habif and in the community
- Frisky Fridays Drop in for sex education and safer sex supplies in Zenker (Sumers 303)
- Sex Week A week of sexual health events and activities around Valentine’s day
- BareMail: safer sex supply/sexual health information mail delivery program
- Campaigns from Bedsider U and Planned Parenthood to prevent unintended pregnancy, including “Thanks, Birth Control” Day
- Sex in the Dark sexual health education programs led by Peer Health Educators, practicum students, and a “sexpert”

HEALTHY DINING OPTIONS (see https://diningservices.wustl.edu/)
- Consultations with dietitian/mental health provider/medical provider at Habif on body image, eating concerns, and physical health*
- Consultations with fitness trainers at Sumers Recreation Center (rec.wustl.edu)
- BearFit fitness programs and services including group exercise classes and personal training at Sumers Recreation Center

Habif Health and Wellness Center, Dardick House, 6643 Shepley Drive, 63105 (South 40)
Zenker Wellness Suite, Sumers Recreation Center, Room 303 (under mural near main entrance)
To plan a program, request materials, ask a question, or get involved, email wellness@wustl.edu