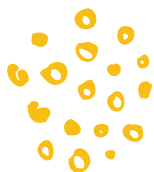


HABIF HEALTH AND WELLNESS CENTER

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.



STUDENT AFFAIRS AT WASHINGTON UNIVERSITY

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

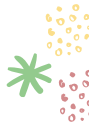
- Visit us in **Habif** or in the **Zenker Wellness Suite** in the Summers Recreation Center (room 303)
- Programs and communications regarding wellness promotion and risk reduction (**sexual health, substance use, mental health, self-care**).
- COVID-19 and Influenza information, flu shot events
- Peer 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](https://www.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



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"



FITNESS AND NUTRITION

Free chocolate milk Monday - Friday in Zenker

Tasty Tuesdays ** Free fresh fruit weekly in Zenker -- and nutrition programming TBD

Info on resources and services including:

- 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