Student Wellbeing at UD is made up of three wellbeing units:
Student Wellbeing on the South Green
Student Wellbeing on the South Green
Warner Hall as a Wellbeing Destination
Many of the Student Wellbeing Services we’ll talk about today are covered by the wellbeing fee that is included in tuition for all full-time students!
Center for Counseling & Student Development (CCSD)

- Community outreach and education
- Group offerings
  - Body Compassion (body image and eating concerns), You’ve Got This! (Mindfulness), Understanding Self & Others (relationships & loneliness)
- Initial consultations
- Individual counseling
- Psychiatric care
- Emergency appointments
- Referral coordination and support

The top referral source for a student connecting with CCSD is another student who shared about their positive experience
Student Health Services (SHS)

- Primary care
- Routine, Illness, and injury appointments
- Sexual health (*STI testing, PrEP, pap smear, birth control & more!*)
- Routine lab work (*blood, urine, stool tests*)
- X-ray
- Nutrition services
- Travel Consults
- Immunizations and allergy injections
- Dispensary (*think CVS!*)
- Sports medicine
What immunizations are required?

- Measles, Mumps, Rubella (MMR) x2
- Meningitis ACWY (Menactra/Menveo/MenQuadfi)
- COVID-19 (Primary series plus one booster)

More info, including how to upload immunization documentation:
https://sites.udel.edu/studenthealth/immunization-and-medical-history/
Student Health Services - FAQs

Hours at SHS?
Appointment only. 8:30am-5pm, Monday-Friday. There is an after-hours on-call nursing line.

Does SHS offer Allergy Injections?
Yes! (through Immunizations department)

Does a student have to have the UD Health Insurance to use Student Health?
No
More info on Insurance / University Health Insurance at [https://www.universityhealthplans.com/ud](https://www.universityhealthplans.com/ud)
Student Health Services - FAQs

What medicines are available at the Dispensary?

OTC medicines (tylenol, ibuprofen, mucinex, sudafed, imodium, zyrtec, benadryl, cortisone, bacitracin, Plan B, monistat, etc)

Medical supplies (Thermometers, pulse oximeters, peak flow meters, etc)

Prescription medications if prescribed by an SHS Provider (antibiotics, antivirals, inhalers, prednisone, steroid creams, anti-inflammatories, acne medication, birth control, etc)

https://sites.udel.edu/studenthealth/dispensary/
Student Wellness & Health Promotion (SWHP)

● **Victim Services**
  ○ 24/7/365 Crisis Assistance - Sexual Offense Support (S.O.S.)
  ○ Professional advocacy and crisis counseling
  ○ Support groups

● **Alcohol & Substance Use Services**
  ○ Education and confidential counseling
  ○ Collegiate Recovery Community

● **Choosing Well at UD**
  ○ Sexual health and healthy relationship education
  ○ Stress management, self-care and more!
Help with the Essentials

- The Office of the Dean of Students coordinates support for students to assist with basic needs, including:
  - Medical Leaves of Absence
  - Laptop Loaner Program
  - Food Assistance
  - Student Crisis Fund

According to the APA, over 1 in 3 college students struggle to meet basic needs.
Disability Support Services (DSS)

- Assistance with **registering a disability**
- Provides support with classroom and work **accommodations**
  - Extended deadlines, quiet testing, note takers, class recordings, and more depending on fit
- DSS helps create a supportive environment where you can thrive!
Question & Discussion
Putting It All Together
Student Wellbeing on the South Green

- **Wellbeing Center at Warner Hall**
  - First floor Student Wellbeing Spaces, activities and programs
  - Center for Counseling & Student Development (CCSD)
  - Student Wellness & Health Promotion (SWHP)

- **Laurel Hall**
  - Student Health Services (SHS)
Thank You!

Contacts:

- UD Helpline 24/7/365 - 302-831-1001
- SHS - 302-831-2226; udel.edu/shs
- CCSD - 302-831-2141; udel.edu/counseling
- SWHP- 302-831-3457; udel.edu/studentwellness