Staying Well at UChicago

While studying here at the College, it is important to take care of the single most important person—you! Your wellbeing should always come first because it affects how you interact academically and socially. The College is committed to ensuring all students have the information and proper access to adequate resources for your wellbeing. Read on to learn how you can stay well at UChicago!

1. Student Wellness Center

UChicago Student Wellness is an overarching sector of the University that supports student health and wellbeing during their academic career. Students have access to medical, counseling, psychiatry, and health promotion services targeted at maintaining your overall wellbeing. The mission of UChicago Student Wellness is to make you feel comfortable to utilize any resources that will assist your physical and mental health. The following sections of this post will highlight some of the important resources available to you while studying at UChicago.

2. Medical Services

In the case that you begin to feel ill and unable to carry on with your academics, Student Wellness should be your first consideration for help. Even if you simply need a vaccine or a routine check-up, there are medical resources available for you. Some medical services provided include immunizations, primary care, lab testing, and physical therapy, to name a few. If you are unable to visit the center in-person, there are online resources, such as the Nurse Advice Line and HealthiestYou Telehealth available 24/7. Help is always available to students regardless of your situation! For more information, check out the website here.

3. Mental Health

With rigorous academics and some unexpected circumstances, many students find mental health support beneficial. Student Wellness provides valuable resources to help students with any and all kinds of mental difficulties. Some services include Let’s Talk (Drop-In Sessions), Support Spaces, and Therapy (Individual and Groups). Students have access to all resources, which are covered by the Student Services Fee. When using these services, always remember that you are making the best decision for yourself and that you are not alone in this process. Help is always available for you! Be sure to check out this link for more information.
4. Health Promotion
By now you should realize that health promotion is a vital part of your UChicago experience. Student Wellness has a plethora of resources readily available to you throughout your academic career at the College. As a student, you have access to Wellbeing Programs and Initiatives which was created to reflect a holistic approach to wellbeing. Some of the initiatives include Better Together (connecting with others to strengthen emotional wellbeing), Mindfulness Meditation, Wellness Coaching, and Pet Love! The list goes on because there are a number of resources available through Student Wellness. To learn more, check out the website here.

5. Safety & Security
Finally, we cannot discuss how to stay well on campus without highlighting your safety and security here at UChicago. To promote student safety and security, the UGo shuttles are available in the daytime and nighttime with residence halls designated as stops. You also have access to 24/7 support where you can dial 123 from any campus phone to request a safety escort if you ever feel unsafe. Some important tips to remember include traveling in groups, informing friends about your location, and most importantly, familiarizing yourself with the resources available. If you have any questions, suggestions, or need more information, be sure to check out the attached link.

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