

Wellness Exchange

212-443-9999

www.nyu.edu/999

wellness.exchange@nyu.edu

The Wellness Exchange is your key to accessing the University's extensive health and mental health resources designed to address your needs. You can call a private hotline, available 24 hours a day, seven days a week, which will put you in touch with a professional who can help to address day-to-day challenges as well as other health-related concerns. These might include medical issues, academic stress, depression, sexual assault, anxiety, alcohol and other drug dependence, sexually transmitted infections, and eating disorders.

The hotline is also available if you just need to talk or want to call about a friend.




nyu
Wellness
Exchange

212-443-9999
www.nyu.edu/999

Not ready to call the hotline?

Send a private e-mail to a counselor at wellness.exchange@nyu.edu

Wellness Exchange Members

**Athletics, Intramurals,
and Recreation**
181 Mercer Street
212-998-2021
www.gonyuathletics.com

**Office of Lesbian, Gay, Bisexual,
and Transgender Student Services**
Kimmel Center for University Life
60 Washington Sq. South, Suite 602
212-998-4424
www.nyu.edu/lgbt

**Henry and Lucy Moses Center
for Students with Disabilities**
726 Broadway, 2nd Floor
212-998-4980 (voice and TTY)
www.nyu.edu/csd

**Office of Residential Life
and Housing Services**
75 Third Avenue, Level C-2
212-998-4311
www.nyu.edu/resed

Student Health Center (SHC)
726 Broadway, 3rd and 4th Floors
212-443-1000
www.nyu.edu/health

Student Resource Center
Kimmel Center for University Life
60 Washington Sq. South, Suite 210
212-998-4411
www.nyu.edu/src

**Center for Multicultural Education
and Programs**
Kimmel Center, Suite 806
212-998-4343
www.cmep.nyu.edu

Center for Spiritual Life
Kimmel Center, Suite 207
212-998-4959
www.nyu.edu/spiritual.life

Department of Public Safety
14 Washington Place
24/7: 212-998-2222
www.nyu.edu/public.safety

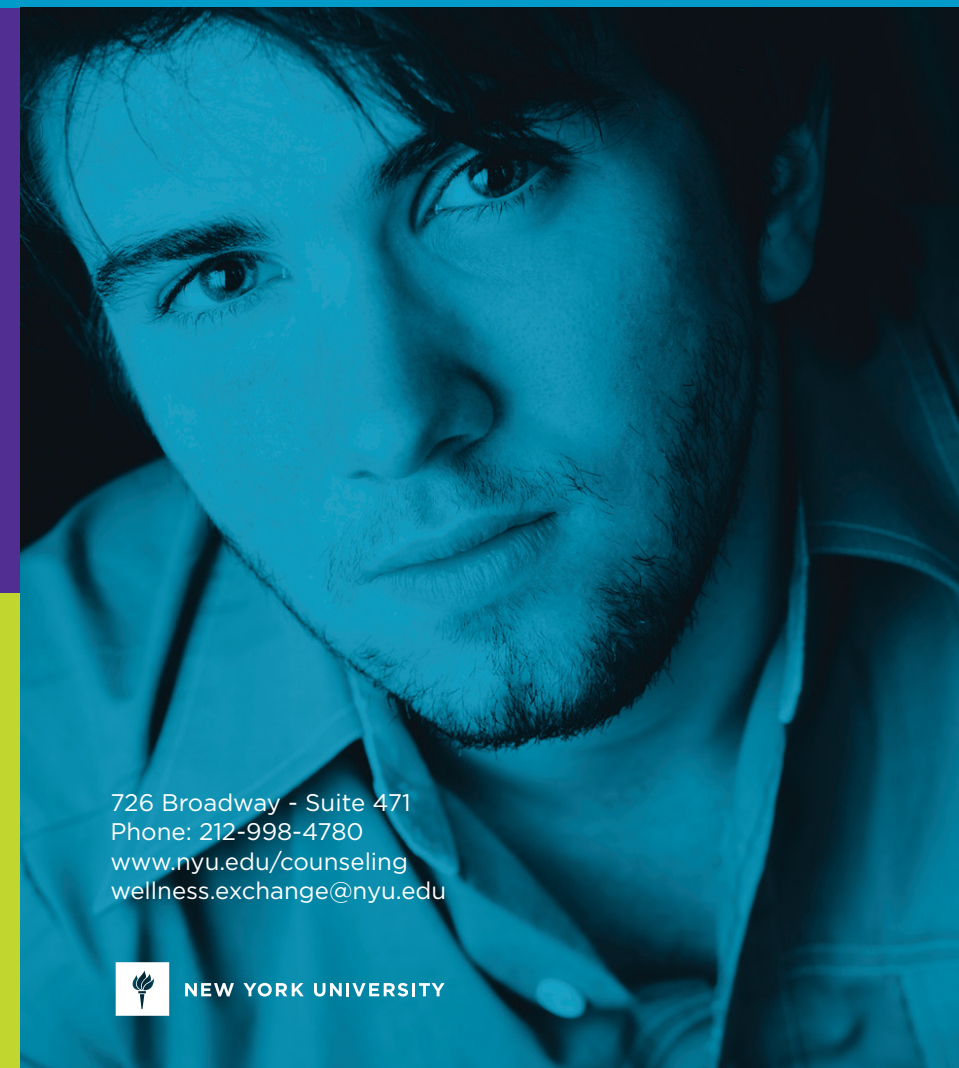
The Wellness Exchange is the constellation of the University's programs and services designed to address the overall health and mental health needs of our students. Each unit listed below provides students with a different form of wellness. Together, these units work closely to provide students with a comprehensive network of health and mental health services both within NYU and in our community.



NEW YORK UNIVERSITY

NYU Student Health Center

Counseling and Wellness Services



726 Broadway - Suite 471
Phone: 212-998-4780
www.nyu.edu/counseling
wellness.exchange@nyu.edu



NEW YORK UNIVERSITY

NYU Student Health Center

726 Broadway, 3rd & 4th Floors
New York, NY 10003
212-443-1000
www.nyu.edu/health
health.center@nyu.edu

The Student Health Center (SHC) is an award-winning, accredited health care facility that provides comprehensive medical and psychological services to respond to your health needs and concerns and to promote a healthier, safer campus. From common colds to management of chronic illness, to short-term counseling the staff at the Student Health Center is prepared to provide you with a confidential, caring service at a convenient location.

Whether enrolled in an NYU-sponsored Student Health Insurance plan or maintaining alternate health insurance coverage, the Student Health Center offers the following services at either no cost or very reduced cost to all matriculated NYU students:

- > MEDICAL
 - Primary Care
 - Women's Health
 - Comprehensive list of Specialists
- > PSYCHOLOGICAL
 - Walk-in Counseling
 - Short-term Counseling*
 - Psychiatric Medication Management
 - Group Therapy
- > ON-SITE PHARMACY
- > HEALTH EDUCATION
- > CRISIS RESPONSE*
- > SOCIAL SERVICES
- > VISION CARE
- > STUDENT HEALTH INSURANCE

**Short-term counseling (talk therapy) and crisis services are free of charge.*

Offering universal, hassle-free access to health care by providing primary care and women's health services for routine and urgent needs will add great value to the NYU experience for all students and great comfort in knowing that a safety net for basic healthcare exists at NYU.

The SHC is an important part of the Division of Student Affairs at NYU. Together, our physicians, clinicians, nurses, counselors, health educators and administrative staff are committed to enhancing your health and well-being. We invite you to make SHC a part of your NYU experience.

Counseling and Wellness Services at NYU Student Health Center

726 Broadway, 4th Floor, Suite 471
212-998-4780
www.nyu.edu/counseling
wellness.exchange@nyu.edu

Walk-in Counseling

When students feel that they must speak to a counselor, but have no appointment, they can simply walk in and meet with a counselor. For times and locations, please view our website - www.nyu.edu/shc/hours. If students need short term refill of a medication (1-7 days only) until they can see their prescriber by appointment, there is prescribing staff available to assist during walk-in hours. Please consult the schedule posted at www.nyu.edu/shc/hours.

Short-term Counseling by Appointment

Available in the main Counseling and Wellness Services office, as well as in satellite clinics at various schools across the NYU campus, all students are welcome to arrange individual counseling (talk therapy) sessions on a short-term basis. Interdisciplinary teams specializing in eating disorders and substance use represent an additional counseling resource. These services are free and confidential. Off-campus referrals for longer-term treatment are also available.

Psychiatric Medication Management

Available in the main Counseling and Wellness Services office, students are welcome to arrange appointments for psychiatric evaluation and/or ongoing medication management. These services are available longer-term - throughout a student's career at NYU. In all cases, psychiatric professionals will work with students to determine the best course of treatment for them and how care can be managed most appropriately for them at SHC and/or in the community.

Toolkits

Held at the main Counseling and Wellness Services office, these classes are held throughout the term. Some meet once per month, while others meet more frequently. For workshop descriptions and times, please view our website at www.nyu.edu/shc/counseling

If interested, students should contact the main office at 212-998-4780 for specific dates. All of the toolkits are free and confidential.

- > CBT for Anxiety
- > Peace of Mind
- > In a New York Minute: Time Management
- > Drop-in Stress Clinic
- > Biofeedback
- > Life Skills
- > Sweet Dreams: Fighting Insomnia
- > Say It Loud, Say It Proud: Manage Your Fear of Public Speaking

For a more detailed description of services, please visit our website

www.nyu.edu/counseling
or call 212.443.9999

Groups

Held at the main Counseling and Wellness Services office (unless otherwise specified), these weekly clinical groups are free and confidential. Interested students should contact the main office at 212-998-4780 to arrange for a meeting with a group leader prior to participation. For group descriptions and times, please view our website at www.nyu.edu/counseling

- > Getting to Know You: A CBT Approach to Social Anxiety
- > Support Group for Students with Chronic Illness
- > Getting a Grip: A CBT Approach for Depression
- > Making Peace with Food
- > Dialectical Behavioral Therapy
- > Substance Use: Exploring Choices and Change
- > Recognizing Your Social Potential (Undergrads)
- > Sexual Encounters and Safety
- > Sons and Daughters of Substance Abusing Parents
- > Emotional Eaters
- > Q-Chat (online)
- > Gay and Bi Men: The Issues We Face
- > Chilling Out: A CBT Approach for Anxiety
- > Bereavement

Consults for Travel Abroad

Many NYU students study abroad. Health and mental health services vary from country to country. Consults are recommended to clarify counseling and medication services that might be available abroad. Students who are considering study abroad are encouraged to contact our service prior to departure in order to plan for mental health treatment, if indicated. We offer an extensive list of global resources for this purpose.

Relaxation Oasis

Counseling and Wellness is now offering a new way to help NYU students manage stress and anxiety utilizing portable biofeedback units. Biofeedback is a process that teaches one how to become more aware of physiological indicators of stress and uses feedback to teach self-regulation skills for the purpose of improving health and enhancing performance.

Additionally, an online resource providing strategies for maintaining calm in the context of university life is available to the NYU community. An overview of mind-body services, as well as guided yoga, Q&A with our in-house Stresspert, and stress reduction exercises, all in a downloadable MP3 format can be found at www.nyu.edu/health/relax

Workshops for the NYU Community

Students and staff may request workshops to be held in residence halls or other community spaces on campus. Popular subjects include *Detecting Students in Distress*, *Body Image*, *Depression 101*, *Stress and Anxiety*, and *Time Management*. We will also make every effort to accommodate requests for other topics. If requesting a workshop, please contact Counseling and Wellness Services at least two weeks in advance of your event.