

Dental School Orientation 2015
A Division of Student Affairs



Student Wellness
Team



<http://wellness.buffalo.edu>

A network of care.

The Student Wellness Team



Student Health



Counseling



Wellness Education

<http://wellness.buffalo.edu>

Know where to go...

Health Services

Phone us at: 829-3316

Visit us at:

- **Michael Hall, South Campus**
 - **Mondays 9am-7pm**
 - **Tuesday-Friday 9am-5pm**
- **<http://health.buffalo.edu>**

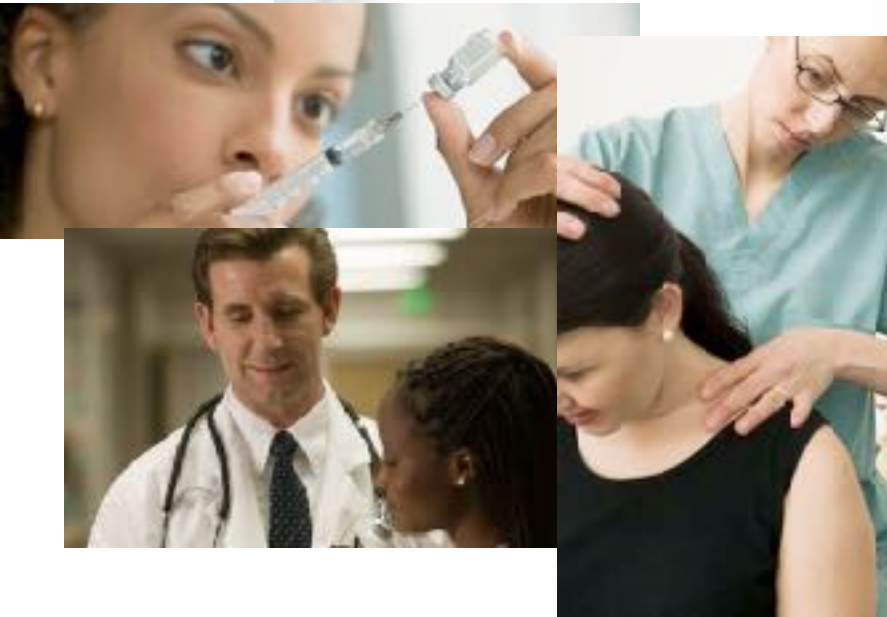


**Student Health
Services**



Ensuring Health.

What Health Services Offers.



- General medical appointments
- Men's and Women's health
- Chiropractic services
- Immunization center
- Travel clinic
- Outreach activities
- Sexual health education
- Flu Shot clinics
- Referrals to specialty care as appropriate

Who is able to use Health Services?

Eligibility

All currently registered UB students are eligible to utilize Health Services regardless of insurance type. There is **NO CHARGE** to see a provider or a nurse.

- Immunizations are billed to the student.



Your insurance is used **ONLY** if you need a prescription, lab work, or referral to specialty care in the community.

How do I make an appointment?



Please call 829-3316 to make an appointment.

We are not a walk-in clinic.

An appointment is necessary.

What should I do if you're CLOSED?

call 829-3316



If you are sick after we are closed please call Student Health Services at 829-3316. You will be given a phone number to call to speak to a nurse for advice. **Do not go to the emergency room unless advised.** Non-emergencies are not paid for by your insurance company.

Annual Immunization Review for Health Professions



Come to Student Health Services to complete your Annual Immunization Review form and TB Screening.

Less wait and no copays!

Travel Clinics



When students travel abroad, they meet with our on-staff infectious disease expert to make sure they get all necessary vaccinations and/or medications before travel. Students will also be notified of any other health concerns in the region that they should be aware of.

Please call **Student Health Services** at **829-3316** well in advance of traveling to make an appointment.

Ensuring Health.

Finding a Specialist in Buffalo



- If a student is coming to UB from out-of-town and has a **diagnosed chronic condition**, they should start their search for a specialist by making an appointment at Student Health Services by calling **829-3316** at the start of the semester.
- Our providers will refer the student to a specialist in the area.

Who provides these services?

The Health Service Team



- **Physicians**
- **Physician Assistant**
- **Nurse Practitioners**
- **Registered Nurses**
- **Receptionists and clinical support staff**
- **Supervised chiropractic interns**
- **Certified Health Education Specialist (Sexual Health)**

Immunization Forms

To submit the form:

- Bring your form directly to Michael Hall on South Campus
- Fax to: (716)829-2564
- Mail it via UB Campus Mail (red mailbox) or regular mail in a sealed envelope addressed to:

**Student Health Services
Michael Hall
UB South Campus
3435 Main St.
Buffalo, NY 14214**

Know where to go...

Counseling Services

Phone us at: 716-645-2720

Visit us at:

- 120 Richmond Quadrangle, North Campus
 - Monday, Tuesday & Friday: 8:30am – 5:00pm
 - Wednesday & Thursday: 8:30am – 7:00pm
- Michael Hall (second floor), South Campus
 - Monday 8:30am – 7:00 pm
 - Tuesday - Friday 8:30am- 5:00pm

<http://counseling.buffalo.edu>



Why do students come for counseling?

Addressing Emotional Health



- Homesickness or loneliness
- Relationship problems
- Anxiety
- Depression
- Problems with alcohol and/or drugs
- Adjusting to a new cultural environment
- Academic concerns
- Loss of a loved one
- Body image concerns
- Sexual identity concerns
- Sexual or physical assault
- Low self-confidence
- Career decisions

Offering counseling that works.

Services Provided



- Individual counseling
- Group counseling
- Couples counseling
- Crisis services
- Workshops
- Consultation regarding a student of concern
- Evaluation for and monitoring of psychiatric medications

Who provides counseling services?

The Counseling Service Team



- **Psychologists**
- **Social workers**
- **Psychiatrists**
- **Graduate-level interns in psychology, social work, and mental health counseling**



Languages that our staff speak

Helping our Diverse Student Body

English

Korean

Spanish

Bulgarian

Gujarati

Japanese
(this summer)

Hindi

Marathi

Hebrew



Dispelling myths.

Misconceptions About Counseling

MYTHS



FACTS

- Others will find out
 - No one else has problems
 - I can't afford the cost or time
- Confidentiality
 - Hundreds of students use counseling services each year
 - Services are free for currently enrolled full and part-time students.

There is no shame in getting help

How do I make an appointment?



For general appointment:

- Please call us at 716-645-2720 to make an appointment.
- The first appointment is called Initial Assessment Session

For crisis:

- During business hours, walk in to 120 Richmond (north campus) to speak with a counselor.
- After hours, please call the campus police at 716-645-2222 and ask to speak with the counselor-on-call

Wellness Education Services

Know where to go...

Phone us at: 645-2837

Visit us at:

- 114 Student Union, North Campus
 - Monday – Friday: 9:00 – 5:00 p.m.
- Michael Hall 3RD Floor, South Campus
 - Hours Vary

<http://wellness.buffalo.edu/wes>

<http://www.facebook.com/UBWellness>



Wellness Education
Services



Our Mission & Focus

To build a healthy community

- Prevent injury and illness
- Enhance health and wellness
- Support academic success
- Provide healthy activities

We focus on

- Nutrition & physical activity
- Sexual health & sexuality
- Reducing harm related to alcohol & other drugs
- Violence prevention
- Stress management
- Healthy relationships
- Smoking Cessation

Healthy Eating at UB

- **Nutrition Assessments**
- **Free Snacks on South (Wednesdays)**
- **On-Campus Farmer's Market**



Stress Management

wellness.buffalo.edu

- Stress Less
- Student Health101 magazine
- What the Health calendar
(September-April)
- Desktop spa
- Testwell

Services on south campus

- Yoga classes (M & W in Goodyear)

End of semester event with Student Association
Chill Out in the Harriman Hall

Call Wellness 645-2837 extension '0'

stress
LESS





sleep

Enhance Your Bedtime Performance

Take a Personalized

Sleep Assessment



Sleep Diary

Send an

eCard



Sleep Tips

Violence Prevention Workshops

- The following workshops are offered once a semester on South Campus, if you are interested:
 - Bystander Intervention Training
 - How to Help a Sexual Assault Survivor

UB is Smoke Free!

NO SMOKING ON CAMPUS GROUNDS

- Inside buildings
- Outside buildings
- Off-site UB locations
- University-owned vehicles



THANK YOU FOR RESPECTING OUR SMOKE-FREE CAMPUS ENVIRONMENT

Help to Quit Smoking



Wellness Education Services

- 114 Student Union, open 9:00 am – 5:00 pm
- Free nicotine patches, gum and tips

Health Services

- Michael Hall, on south campus
- Consultation and link to free nicotine products

State of New York Smokers Quitline

- 866-697-8487 -- open seven days a week

Questions and concerns.

Ask the UB Wellness Team

How can we help you?

Questions?

Remember:

<http://wellness.buffalo.edu>



Student Wellness
Team

