

HEALTH, WELLNESS & YOU

TIPS & RESOURCES FOR HEALTHY HOOSIERS

1 EMERGENCY SUPPORT

In the event of an emergency, call 911 or your residence hall's Center Desk. **Ashton:** [812.855.1415](tel:812.855.1415)

2 ON-CAMPUS HEALTH CENTER

Find the IU Health Center across from Wells Library at the corner of 10th and Jordan. Call [812.855.7688](tel:812.855.7688) or visit healthcenter.indiana.edu to schedule your appointment.

3 MENTAL HEALTH COUNSELING & PSYCHOLOGICAL SERVICES (CAPS)

All full-time IU students receive two free CAPS visits each semester. First time clients receive one free rapid assessment appointment (30 minutes) to connect them to appropriate services and one free extended assessment appointment (50 minutes) which includes a more in-depth evaluation and goal setting. In subsequent semesters, full-time IU students receive two free one-on-one counseling sessions, and there is a copay for additional sessions. For questions or to schedule an appointment call [812.855.5711](tel:812.855.5711) or visit healthcenter.indiana.edu/counseling.

4 MENTAL HEALTH LET'S TALK NOW

"Let's Talk Now" is a multicultural outreach counseling program. Consultants who speak English, Spanish, or Mandarin are available, though all cultures are welcome. Walk-in counseling is **FREE** each visit, and long-term counseling, "Let's Keep Talking," is **FREE** for two sessions.

For hours, locations and more information call [812.855.5711](tel:812.855.5711) or visit healthcenter.indiana.edu/counseling/letstalk.shtml

5 MENTAL HEALTH CENTER FOR HUMAN GROWTH

This free to low-cost counseling resource links Hoosiers with graduate students in the Department of Counseling and Educational Psychology, under the supervision of IU faculty. Counseling sessions are individual and take place in the School of Education. For hours and more information call [812.856.8302](tel:812.856.8302) or visit education.indiana.edu/chg

6 HEALTH & WELLNESS MASSAGE THERAPY

Take a study break with an on-campus massage. Visit healthcenter.indiana.edu for pricing and appointments.

7 HEALTH & WELLNESS NUTRITION COUNSELING

Use your **FREE** 60-minute nutrition counseling session each semester. Consult a registered dietitian about topics such as maintaining a well-balanced diet, managing weight, or adjusting to a vegetarian or vegan diet. Call [812.855.7338](tel:812.855.7338) to schedule your appointment.

8 HEALTH & WELLNESS SEXUAL EDUCATION & SERVICES

Get advice from a professional on safe sex, birth control, and STIs. **FREE** condoms are available. IU Health Center also offers STI testing, pregnancy tests, and emergency contraception. Call [812.855.7338](tel:812.855.7338) or visit healthcenter.indiana.edu/wellness/sex-ed.shtml

In the event of a sexual assault, contact the **FREE** 24-hour **Sexual Assault Crisis Service (SACS)** hotline at [812.855.8900](tel:812.855.8900). Counseling and medical care for assault victims is also free as well.

Confidential Victim Advocates can help students who have experienced sexual violence by assisting with academic concerns, financial concerns, filing a report, and connecting students with resources. Call [812-856-2469](tel:812-856-2469) or email cva@indiana.edu for assistance.

9 HEALTH & WELLNESS SUBSTANCE USE SUPPORT

For questions about substances, substance use, or if you have concerns about someone else's use, call [812-856-3898](tel:812-856-3898).

For **FREE** tobacco/vaping cessation support call [812-855-7338](tel:812-855-7338) for an appointment.

Students in Recovery Bloomington is a student organization that offers support for students interested in recovery from a substance use disorder, consider themselves in recovery, or have been impacted by substance use. Email sirb@indiana.edu to learn more.

10 RECREATIONAL SPORTS

Relieve stress by visiting one of IU's spacious recreation centers, **FREE** with your student ID. The two facilities offer weight rooms, playing courts, intramural sports and classes such as high intensity interval training (HIIT), PiYo, cycling, and yoga. Visit recsports.indiana.edu to learn more.

Recreational Sports Student Leaders are ambassadors for Recreational Sports that work in specific residence halls. Ask your RA how to connect with your ambassador.

Fee waivers are available to students with demonstrated financial need.