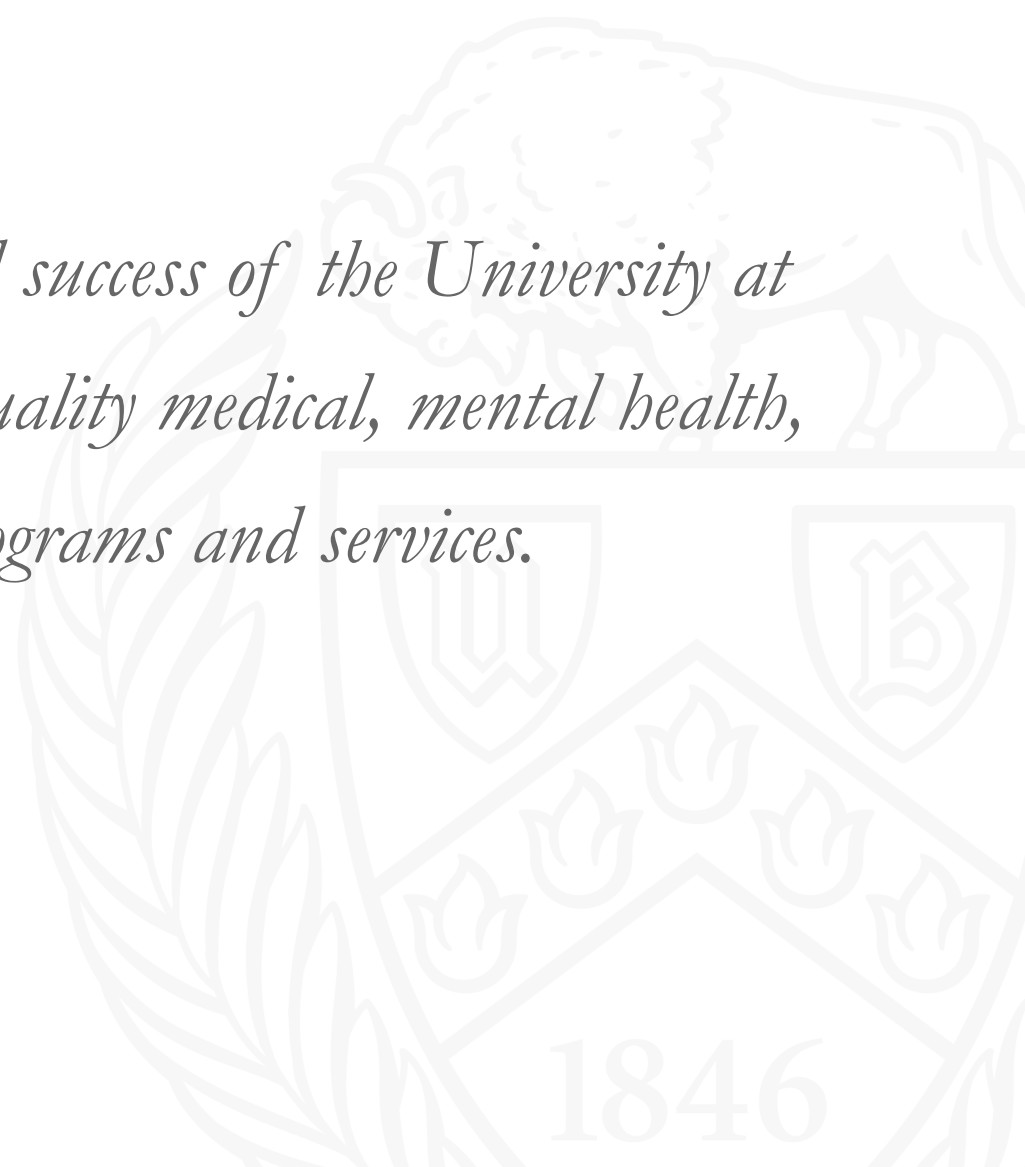
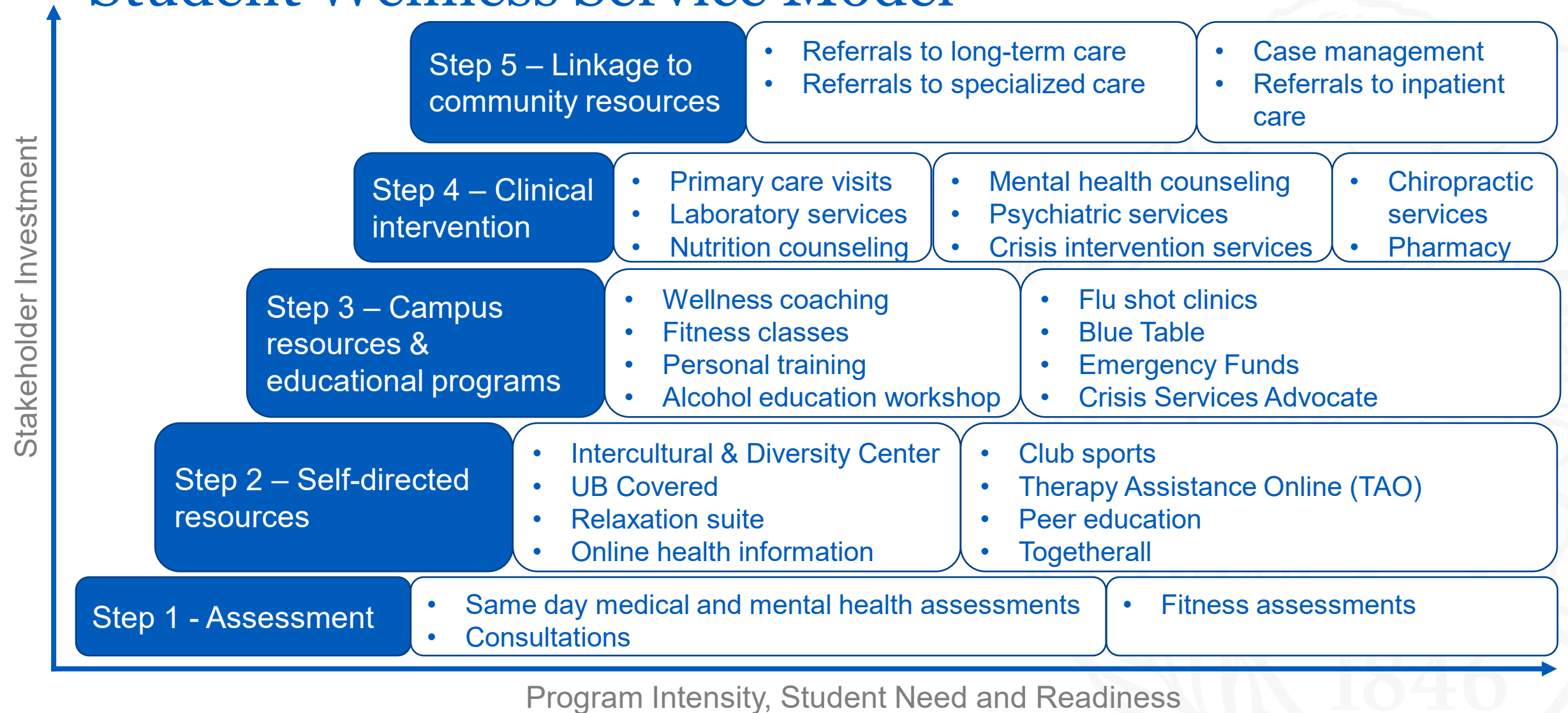


## Student Wellness Mission

*Student Wellness facilitates the wellbeing and success of the University at Buffalo's diverse student body by providing quality medical, mental health, prevention and health promotion programs and services.*



# Student Wellness Service Model



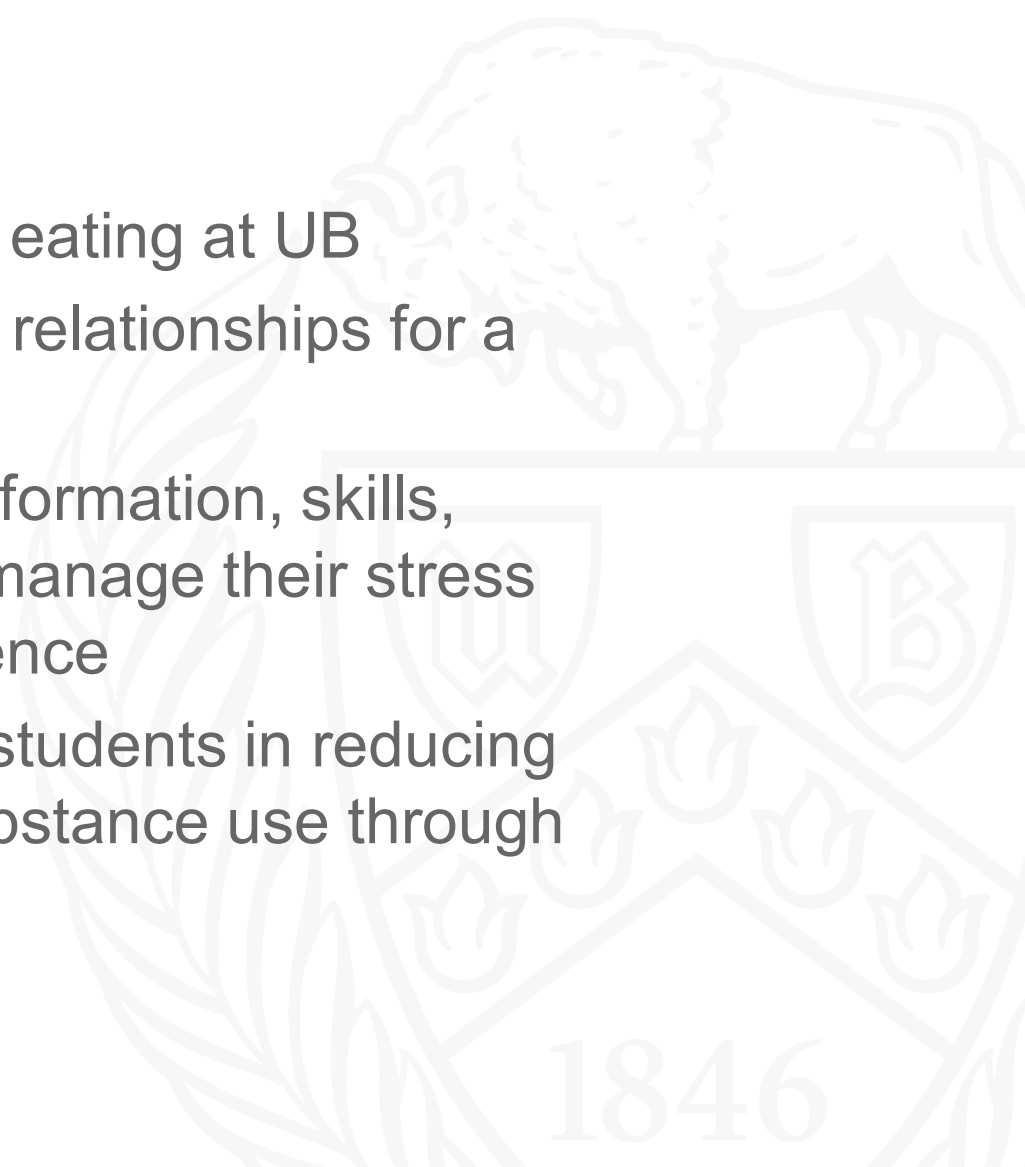
Program Intensity, Student Need and Readiness

# Counseling Services

- Same day assessments and crisis intervention
- Educational programs which promote campus wide mental health literacy
- Consultations with parents, faculty and students who are concerned about a student
- Brief individual counseling provided by licensed mental health professionals
- Weekly counseling groups that focus on specific issues such as reducing anxiety, coping skills, cultural identity, academic success and adjustment issues
- Psychiatric nurse practitioners who provide medication management
- After-hours crisis counselors are available. Call 645-2720 and select option “2”

# Health Promotion

- Healthy Eating- encouraging balanced, healthy eating at UB
- Sexual Violence Prevention- promoting healthy relationships for a safe and respectful community
- Stress Reduction-providing students with the information, skills, services and on-going support to successfully manage their stress levels and optimize their overall college experience
- Alcohol and other drug harm reduction assists students in reducing the consequences associated with high-risk substance use through education and skill building



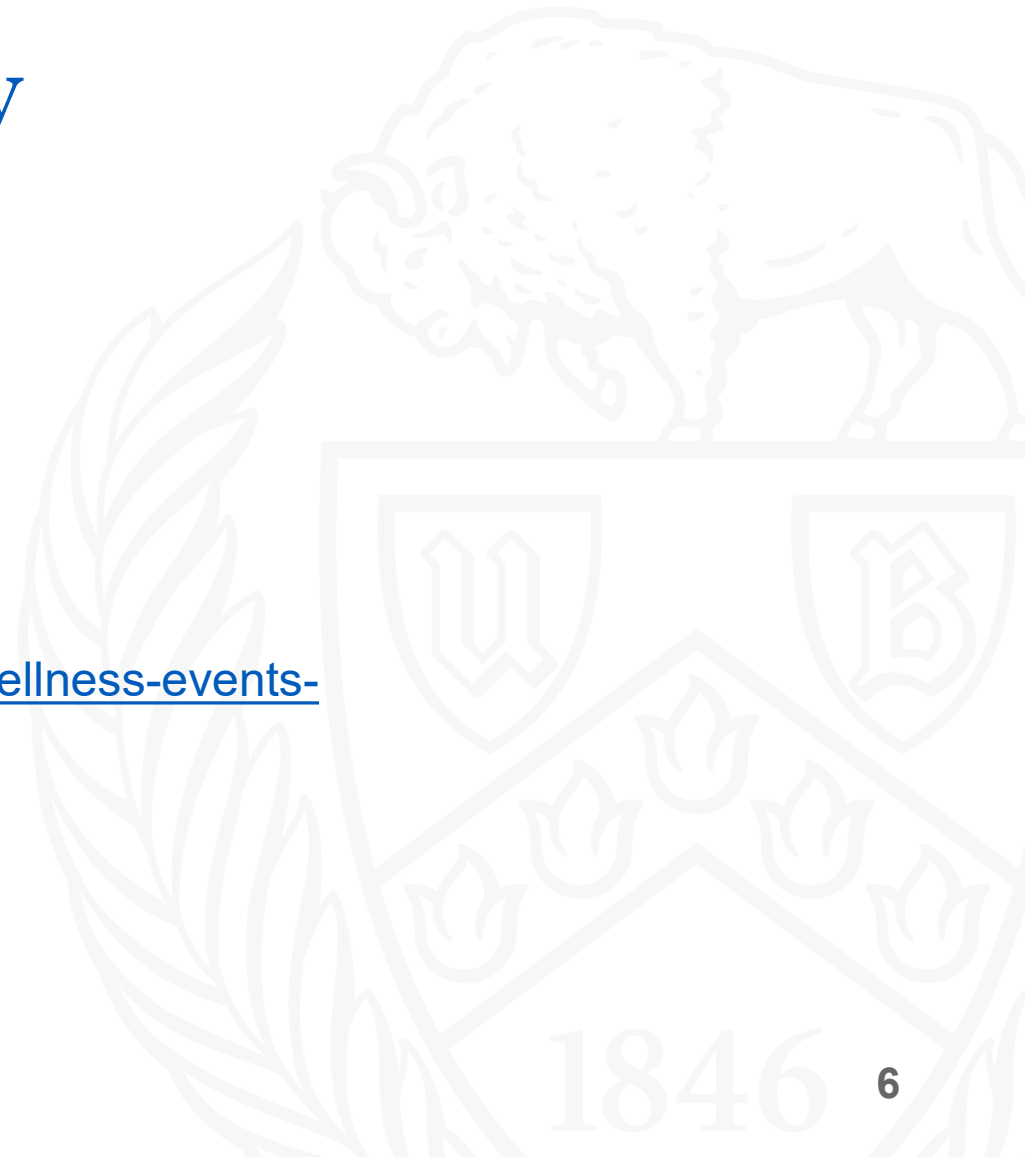
## Health Services

- Board-certified doctors, physician assistants, nurse practitioners, and registered nurses
- In-house laboratory can do specimen collection for Student Health Services patients.
- In-house pharmacy that can fill prescriptions and sells over-the-counter medications
- Travel clinics (immunizations, prophylaxis, education)
- When Health Services is closed, students can call 829-3316 for advice about whether they should try to go to urgent care or call for an appointment when the office is open.

# Many Services Available Virtually

In addition to in person services, we offer:

- Telehealth appointments
- Teletherapy appointments
- Online wellness programs
  - <https://www.buffalo.edu/studentlife/life-on-campus/health/wellness-events-calendar.html>



# Where to find us:

[buffalo.edu/studentlife/self-care](https://buffalo.edu/studentlife/self-care)

## Health Services

3435 Maple Road  
Amherst, NY 14226  
(716) 829-3316

## Counseling Services

120 Richmond Quad, Ellicott  
Complex, North Campus  
(716) 645-2720

120 Michael Hall  
South Campus  
(716) 829-5800

## Health Promotion

114 Student Union, North Campus  
(716) 645-2837

