

health & wellness

Johnson Hall • 36 University Drive • Bethlehem, PA 18015 • inluhc@lehigh.edu

APPOINTMENT HOURS

Monday - Thursday: **8:15 - 4:30**
Friday: **9:15 - 4:30**

Check HWC's IG or website for any changes

Looking to schedule an appointment with HWC?

Please call 610-758-3870.

We are an appointment- based office.

LOCATION

NEW: All clinical appointments are located on the 2nd floor. Enter through the west-side doors of Johnson Hall.



OUR

Services

In addition to evaluating and treating illnesses and injuries, the Health & Wellness Center also offers other services to Lehigh students such as:

- Reproductive Health Services
- Immunizations
- Lab Services
- Physical Exams
- Specialist Referrals
- Sexual Health Services
- .. and more!

For more information and to view **all** services, check out our website:

lehigh.edu/health



FOLLOW US ON INSTAGRAM

@LEHIGHHEALTHCENTER



Brought to students,
by students

**COMING
SOON**

Garden to Pantry Initiative

more information to follow

“By partnering with the Health & Wellness Center and the Permaculture Park, we can help reduce Lehigh’s food insecurity by implementing a student-run fridge filled with produce grown in the Fall 2023 semester. Our goal contributes to the values of Lehigh and ourselves by promoting locally-grown produce and healthy eating.”



Diana Nguyen
Junior '25
Major: Statistics & Economics



Maeve McGowan
Junior '25
Major: Psychology
Minors: Biology & Music



Did you hear?



Health Advancement & Prevention Strategies (HAPS) is now part of the Health & Wellness Center (HWC). HAPS’ approach includes multi-level prevention strategies such as peer education, health education, social marketing, social norms initiatives, environmental change strategies, and strategic campus partnerships.

Some current initiatives from HAPS include Lehigh After Dark (LAD), Life at Lehigh: Community and Well-being Survey, Food Truck Fridays, student Flu Clinic, inSTALLments, Headspace, Peer Health Advisors & more. We look forward to continuing to advance student health and supporting your well-being needs as we navigate this transition!

Meet the HAPS staff



Yen DeBellis
Director of HAPS
Assistant Director of HWC



Jenna Rose
Assistant Director of HAPS



Ben Johnson
Graduate Assistant of HAPS

5 Peer Health Advisor Exec members
38 Peer Health Advisor members



As an extension of the Health & Wellness Center’s student resource center/pantry located on the 3rd floor of Johnson Hall, keep an eye out for our new project in HAPS - our resource center/pantry ON WHEELS! Find the HAPS staff and our Peer Health Advisors cruising around campus several times a week with health-related items.



UPCOMING HWC EVENTS

MARK YOUR CALENDAR

FREE STI TESTING TUESDAY

Schedule an appointment on your Student Health Portal

Screening provided is for Chlamydia & Gonorrhea. Please be advised that screening includes a urine sample. For other screenings, please contact the Health & Wellness Center.



OCTOBER 10
OCTOBER 24

***more dates to follow*

9:00 AM - 11:00 AM

1:00 PM - 4:00 PM

HEALTH & WELLNESS CENTER
2ND FLOOR WEST-SIDE DOOR ENTRANCE
(FACING SINGLETON, HITCH, AND MAIDA)



-For National Health Education Week in October-
Health & Wellness Center x Health Advancement & Prevention Strategies
Presents

WELLNESS Wednesday

Monthly conversation around different health-related topics

attendees who stay the entirety of the session will receive a narcan kit
**limited supply available*

Series 2: "Narcan Education + Distribution"

Topic: Narcan

Audience: all students welcomed

Date: Wednesday, October 4 | **Time:** 4:30 - 5:30 PM

Location: Roemmele Global Commons - Williams Hall



PEER HEALTH
ADVISORS

Protect your crew,

**Get vaccinated
against the flu!**



PEER HEALTH
ADVISORS

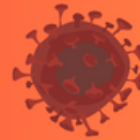
Lehigh Student Flu Clinic

Thursday

October 12th

9am - 5pm

STEPS



Bring:

**insurance card (copy/pic front and
back) and paperwork from sign up**

Sign up now:
go.lehigh.edu/flu2023



got a question? email inhaps@lehigh.edu

CAMPUS RESOURCE



Chat. Call. Anytime. Anywhere.

Student Support
(Formerly MySSP)

- 24/7 real-time phone and chat support
- real-time and scheduled support
- multiple languages
- wellness resources

DOWNLOAD THE APP



CALL
1.844.886.8536

OR
+001.416.380.6578
(OUTSIDE US)



#ITSOKAYTOFEEL

FOR MORE INFORMATION, VISIT:
UNIVERSITY COUNSELING AND PSYCHOLOGICAL SERVICES (UCPS)
610-758-3880 | INCSO@LEHIGH.EDU