



As you settle in to the new semester, remember Campus Health is here when you need us.

From all the Campus Health staff, welcome! Our staff is devoted to providing you with excellent medical and mental health care, and our facilities are conveniently located near your classes and residence halls.

The Well for Health Promotion works to engage the Tulane community in creating a healthier campus, building individual capacity for health, and reducing barriers to wellness. We provide resources on health topics relevant to the experience of Tulane students including alcohol and other drugs, sexual health, sleep, stress, and sexual violence prevention.

Campus Health offers a wide variety of services to students:

- **The Health Center** is staffed by licensed and board-certified clinicians to provide accessible, high-quality medical care for students during their time at Tulane, including both primary care and preventive health care services. Please call 504-865-5255 (Uptown campus) or 504-988-6929 (Downtown campus) to schedule an appointment.
- **CAPS for Counseling Services** is committed to offering a safe, inclusive and affirming community of care for all students. Our interdisciplinary team fosters personal, emotional and academic well-being by offering comprehensive therapeutic services, outreach and prevention programs, and consultative relationships throughout Tulane. Please call 504-314-2277 to schedule an appointment.
- **The Well for Health Promotion (The Well)** provides resources, programs, and services that help Tulane students make healthy choices in support of their academic, personal and professional goals.
- **The Campus Health Pharmacy**, located on the third floor of the Health Center Uptown, is staffed by pharmacists and technicians. We offer prescription services, over-the-counter products, and medication education and counseling. Please call 504-862-8658 with questions or concerns.

TUPHE FEATURE

What I Wish I Knew My First Year at Tulane



First semester of college? Here are some things our Peer Health Educators and Sexual Aggression Peer Educators wished they had known their first year at Tulane:

- Always, always, always—and I cannot stress this enough—ALWAYS, bring an umbrella with you in your backpack. It is New Orleans and even if it is 70 degrees and sunny in the morning, it can downpour in a matter of seconds.
- Freshman year is full of growing pains. Embrace them and understand you're growing.
- Get to know your professors, especially if they have a similar career path as you! Professors are much more useful than high school teachers when it comes to career questions, letters of recommendation, and more.
- It's okay to stay in on the weekends.
- You don't have to prove yourself to anyone. Find friends and people that make you feel good and lift you up.
- Do what makes YOU comfortable. Don't get too wrapped up in what you think other people are doing. Statistics show that students perceive that students are living riskier lives than they actually are.

live well Highlights



Live Well Kick Off!
Sept. 5 | 11:30-1:30 p.m.
LBC Quad

Stop by to meet The Well team, learn about services and resources, and get some ice cream!



Freshmen Transition CAPS Group

This group provides a safe space for first-year students to receive support while adjusting to college life. Call (504) 314-2277 for info.



CAPS Fall 2019 Workshop Series

Attend weekly drop-in sessions that offer strategies for managing life demands.

More info: campushealth.tulane.edu/caps/workshops