



## A Guide to Downtown Health Resources

Did you know there's a **Student Health Center** on Tulane's downtown campus? It's located on the second floor of the Elk Place building (School of Social Work). It houses the Health Center Downtown and downtown representatives of the Counseling Center. The Downtown Student Health Center's hours of operation are 8:30 a.m. to 5 p.m. on Mondays, Tuesdays, Thursdays, and Fridays, and 9:30 a.m. to 5 p.m. on Wednesdays. To stay in the know on early/holiday closures and hours, follow us @TUCampusHealth!

View how to access the Downtown Student Health Center:



While you're at the Downtown Student Health Center, you can also check out

## How to Make an Appointment at the Downtown Student Health Center



Campus Health offers appointment-based medical and mental health services. The way to schedule an appointment may be different, depending on the service you're seeking.

**For a Health Center appointment,** there are two ways to schedule:

1. Call **504-865-5255** and speak with a patient representative.
2. Schedule online via the Patient Portal.

If you schedule by phone, make sure to let the patient representative know if you prefer a telehealth or in-person visit. If visiting in-person, make sure to specify which location you prefer - in this case, the Downtown location. If you schedule via the Patient Portal and you can't find

the free **Safer Sex Resource Station!** The Well for Health Promotion provides free safer sex supplies, menstrual supplies, and resources on both uptown and downtown campuses, including:

- o External condoms (flavored and unflavored)
- o Internal condoms
- o Dental Dams
- o Lubricant
- o Menstrual pads, tampons, and liners
- o Free literature about sexual violence prevention
- o Lists of on-campus resources for survivors of sexual violence

A limited supply of **free Plan B** (levonorgestrel) **and pregnancy tests** is also available at the Student Health Center Downtown. To access, call **504-988-6929** to speak to a patient representative in the downtown clinic.

the appointment type or time you want, call for assistance.

Scan the QR code to access the Patient Portal:



**For a Counseling Center appointment,** call **504-314-2277** (their main phone). Your first visit with the Counseling Center will be an initial consultation. A clinician will discuss with you any mental health concerns you have and help determine whether resources from the Counseling Center, external campus partners or the community might be helpful to you.

### FOR YOU

Campus Health staff is dedicated to encouraging and maintaining the health of all students, including graduate, post-graduate and professional students. **Scan the QR code to see health and wellness services available for you:**



### TU FITNESS CENTER

The Tulane Fitness Center (TU Fit) is 12,000 square feet and includes a functional training area including turf and functional bridge, free weights, cardio machines, and selectorized strength equipment. **TU Fit membership is limited to enrolled students and current employees of Tulane University.**

For more info on facility hours, including adjusted hours for university holidays, visit [campusreaction.tulane.edu/hours-facilities](http://campusreaction.tulane.edu/hours-facilities) or scan the QR code below:



### TU WELLNESS MAP

Check out The Well's map to find out locations of **free resources around campus** and places to take care of your body, mind, and spirit.

