

Our Mission

The Counseling, Health & Wellness Center is a welcoming and accepting environment that strives to empower William Paterson University students to make informed decisions about their physical and emotional well-being in order to promote lifelong health.

Through primary health care, personal counseling, health education, prevention services and co-curricular educational opportunities, the Center assists students in achieving success in their academic experience and life goals.



Confidentiality

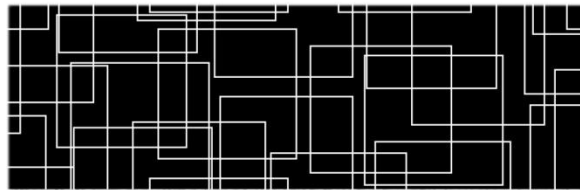
Communication between a student and our staff is confidential. A student's health or counseling record is NOT a part of his/her academic record. No information about a student will be released without the student's prior written consent, unless there is a clear and present danger to an individual's safety or the safety of others.

For Emergency Medical Care of Assistance:

WPU Public Safety X2300
St. Joseph's Wayne ER 973-956-3300
Health Center X2360

For Psychological Emergencies:

24 Hour Number X2257



PEER HEALTH ADVOCATES:



The Peer Health Advocate Program, which was founded in 2004, is comprised of students who are specially trained by our Health Educator to provide information to their peers so that they can make safe and healthy lifestyle choices. They reach the campus community through theatrical presentations, tabling at events and by acting as guest lecturers in classrooms. They also offer programs to other campus groups including fraternities, sororities and clubs. The Peer Health Advocates are also responsible for coordinating and implementing alcohol, tobacco and other drug free programs campus wide.

They can be reached directly at 973-720-2920 or at: peerhealth@wpunj.edu.

HEALTH REQUIREMENTS:

All new or continuing undergraduate and graduate students enrolled in a program of study leading to an academic degree at any four (4) year public or independent institution of higher education in New Jersey are required to provide evidence of the following immunizations:

- 1) MMR (Measles, Mumps, & Rubella) vaccine – 2 valid doses of each required for all students born after 1956
- 2) Hepatitis B vaccine – valid 3 dose series or an adolescent 2 dose series for all students
- 3) Meningitis – 1 dose for any student who will *reside on campus*

If documentation is unavailable, valid lab (titer) test documents may be submitted as proof of immunity.

WILLIAM PATERSON UNIVERSITY

THE COUNSELING, HEALTH & WELLNESS CENTER



OVERLOOK SOUTH

973-720-2360

973-720-2257

Fax: 973-720-2632

COUNSELING CENTER SERVICES

Typical problems seen at the center are:

- Academic stress
- Time management
- Issue with self-esteem/self-doubt
- Difficulties with friends or family
- Unhappiness and Depression
- Anxiety
- Harmful habits
- Eating-related problems
- Assertiveness and conflict resolution
- Anger management
- Communication in relationships



We welcome opportunities to collaborate with individuals, all student groups, staff, faculty, and the larger WPU community. We can provide consultation, presentations and workshops. Please feel free to call on us if you have questions or are interested in any of these services.

HOURS OF SERVICES

FALL AND SPRING:

Monday: 8:30am to 6:00pm

Tuesday – Friday: 8:30am to 4:30pm

SUMMER:

Monday: 8:00am to 6:00pm

Tuesday– Thursday: 8:00am to 5:15pm

HEALTH CENTER SERVICES

- Care for illness and injury
- Physical exams
- Health-related counseling
- Job/Study Abroad Physicals
- Clinical/Sport Physicals
- Immunizations/PPD
- Lab services
- Referrals for specialty care, emergency care
- HIV testing
- Full women's and men's health services
 - Annual Exam/Cancer screenings
- Contraception
 - Emergency contraception
 - Pregnancy testing and counseling
 - STI Testing



HEALTH INSURANCE

The student health insurance plan is provided by United Healthcare. For more information, call them at 1-800-505-4160 or see their page on the website: <http://www.firststudent.com>

Health & Wellness Center

Mission

The mission of the Health and Wellness component of the Counseling, Health and Wellness Center is to provide a welcoming environment for William Paterson University students. The Health and Wellness Center staff members provide care for students who are ill or injured.

Through health-related counseling and education, we support students' efforts to maintain their physical and emotional well-being and make informed decisions that promote personal wellness and effect life-long health.



Counseling Center Mission

The mission of the Counseling component of the Counseling, Health, and Wellness Center is to provide a welcoming environment for William Paterson University students. The Counseling Center staff members facilitate students' personal, social, and intellectual growth, as well as adjustment to and engagement within the university community. Students are assisted with identifying and working through personal barriers, normal developmental issues and stressors, and clinical problems which could impede academic success.

The Counseling Center is staffed with psychologists, social workers, a psychiatrist consultant, and supervised graduate students.