

BE PROACTIVE WITH PREVENTION

SHAW offers virtual and in-person programs, consultations, and trainings that help you develop habits and skills to manage and advocate for your personal wellness and contribute to a healthy campus community.

We are here to talk about topics that are interesting and helpful for you, such as:

- Consent & Healthy Relationships
- Sexual Violence Prevention
- Sleep
- Nutrition and Body Image
- Alcohol and Other Drugs
- Stress Management
- Mindfulness
- Suicide Prevention



THE MINDFUL SPACE

A tranquil place to take a break from the hustle and bustle of college life. Catch your breath, quiet your mind, and relax using our zero-gravity massage chair, virtual reality goggles for meditation, happy lamps, and more! Reserve a time on our website.

YOU@UWM

Your 24/7 online hub for self-care tips to help keep your academics, well-being, and social connections on track. Check in, set goals, and explore UWM resources. Create a confidential account with your ePantherID at you.uwm.edu.

The Student Health and Wellness Center (SHAW) provides quality mental health and medical care, wellness programs, and other services that promote well-being, support learning, and enhance your UWM experience.



Eligibility: Registered students who have paid segregated fees are eligible for SHAW services while enrolled. Students not enrolled in summer courses may opt to pay a prorated summer fee to access services.

Fees: Though most services are covered by segregated fees, students may incur additional charges for medications, lab tests, and appointments with medical specialists. SHAW strives to keep costs as low as possible. SHAW does not accept or require insurance but can provide receipts to submit to insurance as needed.

Confidentiality: Our medical, counseling, and advocacy services are completely confidential within the limits of the law.

Hours: Monday – Thursday 8:00 – 4:30 and Friday 9:00 – 4:30

Appointments: To schedule, call the number listed below. Select appointments are available for scheduling online through your patient portal. In-person and tele-health appointments are available at provider and student discretion.

- ☎ 414-229-7429
- 🌐 uwm.edu/wellness
- ✉ wellness-info@uwm.edu
- 📱 [@uwm_wellness](https://www.instagram.com/uwm_wellness)

- 📍 2025 E. Newport Ave.
Northwest Quadrant D, Floors 7 & 8
Via Green Elevators

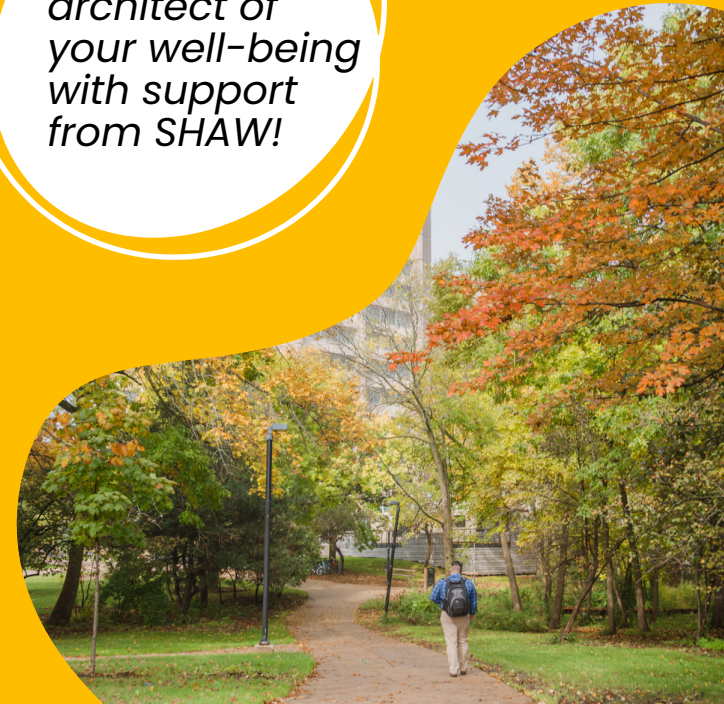
To access your patient portal, visit:
uwm.medicatconnect.com



December 2023

Student Health and Wellness Center

Be the architect of your well-being with support from SHAW!



MENTAL HEALTH CARE

SHAW offers a wide range of short-term counseling services to support and foster your well-being and mental health, including:

- **“Let’s Talk”:** A brief and informal conversation with a counselor
- **Triage Screening:** A brief phone assessment to help you get connected to the resources that are right for you
- **Group Therapy:** Support around identity, communication skills, relationship patterns, and experience-based concerns
- **Individual & Relationship Counseling**
- **Case Management:** Help with connecting to long-term or specialized care outside the scope of SHAW and navigating insurance and healthcare systems
- **Psychiatry Services:** Medication evaluation and management

CRISIS & AFTER-HOURS SUPPORT

If you are facing a mental health crisis or in need of immediate support, call or text the 24/7 UW Mental Health Support Line at 888-531-2142. In-person crisis support is available at SHAW Monday-Friday, 9am-4pm.

EXPANDED SERVICES

SHAW’s partnership with Mantra Health expands availability of after-hours teletherapy services and identity-specific counselors. Schedule an appointment using your UWM email at app.mantrahealth.com.

SURVIVOR SUPPORT & VICTIM ADVOCACY

Victim Advocates provide free, confidential advocacy and support to survivors of sexual assault, sexual harassment, dating violence, domestic violence, and stalking. A Victim Advocate can provide:

- Information, resources, options, and support
- Options for reporting and how different processes work
- Assistance with requesting adjustments to academics and/or housing
- Explanation of, and accompaniment to, law enforcement interviews
- Explanation of, and accompaniment to, criminal, civil, or family court proceedings
- Accompaniment to medical appointments
- Explanation of, and accompaniment to, Title IX meetings or hearings
- Assistance in completing paperwork for criminal cases, including: crime victim compensation, restitution, and victim impact statements



MEDICAL CARE

SHAW’s accredited* medical clinic offers preventative care and treats many common illnesses, infections, and injuries. Our medical care includes:

- Physicals
- Sexual and reproductive healthcare
- Routine laboratory tests
- Pre-travel care
- Allergy injections
- Vaccinations
- Gender-affirming medical care
- Minor surgical procedures
- Nicotine cessation support
- Sports medicine
- Nutrition consultations
- Onsite dispensary: Fill select prescriptions and buy over-the-counter medications and medical supplies.
- Referrals for services outside our scope of care

*Accredited by Accreditation Association for Ambulatory Health Care (AAAHC)

