



# TRIHEALTH HEALTH & WELLNESS CENTER

Counseling and Health Services

## MISSION STATEMENT:

At the Wellness Center, we are committed to creating a warm and inclusive environment where every individual feels valued and supported. We offer comprehensive mental and physical health services, along with innovative programming, to meet the unique needs of the MSJ community. Our dedicated team is here to advocate for you, educate you, and provide compassionate care and treatment. Together, we strive to promote the Eight Dimensions of Wellness, enhancing the overall well-being of our students and the entire campus community.

## HOURS & LOCATION:

Located in the Harrington Student Center.

### Counseling Center Hours:

- Monday – Friday 8 a.m. – 5 p.m.
- Closed for Lunch Hour: Noon - 1 p.m.

### Health Services Hours:

- Monday: 8 a.m. - Noon  
Employee Walk-In Hours: 8 - 9:30 a.m.
- Tuesday: 1 - 5 p.m.
- Wednesday: 8 a.m. - Noon  
Employee Walk-In Hours: 8 - 9:30 a.m.
- Thursday: 8 a.m. - 5 p.m.  
Closed for Lunch Hour: Noon - 1 p.m.
- Friday: Closed

## COUNSELING SERVICES

All services are free and confidential.

- Crisis Intervention
- Employee Consultation
- Individual Counseling
- Let's Talk: Brief 30 minute conversation with a MSJ counselor to answer questions about services, resources, or specific problem or concern.
- Mental Wellness Resources
- Off-campus Referrals
- Training and Workshops
- Zen Den: Dedicated room in the Wellness Center to give students a break from the stress of college life, providing them with tools and activities to calm down and reset.

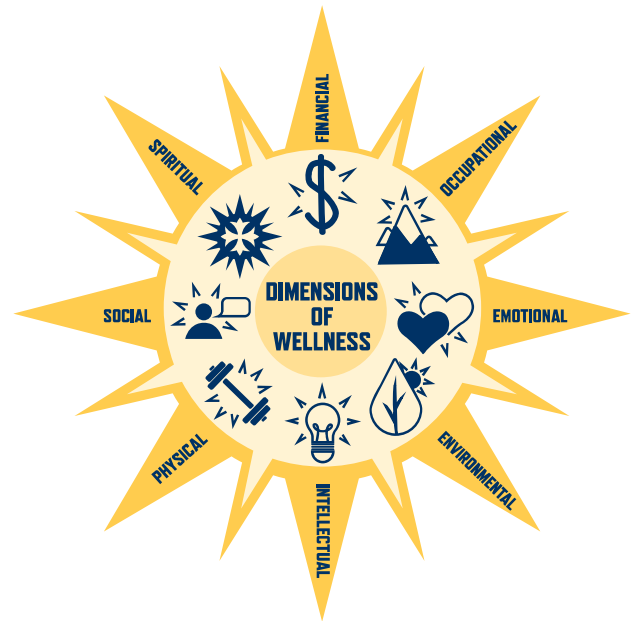
## HEALTH SERVICES

All Services are billed to Health Insurance, through Epic:

- Management for select psychotropic non-scheduled medications
- On-site prescriptions for select medications
- Preventive care programming
- Referrals for off-campus intensive and specialized medical care
- Select immunizations
- Sick visits.

## TELETHERAPY PARTNER: UWILL STUDENT MENTAL HEALTH & WELLNESS

- Umatch: Immediate teletherapy appointment
- Uhelp: Direct crisis connection, 24/7/365
- Urise: On-demand wellness, yoga, meditation, mindfulness and more.



**TriHealth**  
Health & Wellness Center

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