



Health Services is prepared to serve students by providing health, wellness, and Christian counseling professionals on-site in a cost-effective and confidential environment.

## PHYSICAL HEALTH AND MEDICAL APPOINTMENTS

Students are encouraged to visit Health Services for medical assistance as many common health issues can be fully addressed by our staff. Additionally, most services are offered at no cost to students!

Students can request an appointment by utilizing the "appts" tab in Medicaat ([wlc.medicatconnect.com](http://wlc.medicatconnect.com)), calling **414.443.8630**, or emailing [healthservices@wlc.edu](mailto:healthservices@wlc.edu).

- Flu shots
- Vaccinations\*
- OTC medications
- Prescriptions
- TB testing\*
- Physicals
- Travel screening
- Lab work
- Illness identification and treatment
- Existing medication/condition monitoring

\*Indicates there is likely a cost to the student.

## MENTAL HEALTH AND COUNSELING SERVICES

A student's experience at Wisconsin Lutheran College can be among the most enjoyable and rewarding of their lives. We know that college life also comes with challenges. It is natural and acceptable for people to want to talk with someone about personal and/or other challenges, including but not limited to the following: boundaries, relationship difficulties, stress, anxiety, depression, substance use, eating concerns, or self-esteem issues.

**WLC's partnership with Christian Family Solutions provides an initial, short-term set of counseling sessions to undergraduate students no cost!**

- Individual counseling support
- Group counseling options based on need/availability
- Connections to community-based resources for more intensive support such as psychiatric, intensive outpatient, in-patient, etc. (*The individual is responsible for costs associated with these outside services.*)

### Appointment/Intake Request

- Student can request services by contacting the Office of Health Services or the Director of Health Services.
- Student can text **WLChelp** to **262.217.3500** and a link will be sent to their phone to complete an intake/request.
- Students have access to a 24/7 counseling crisis line: **1.800.438.1772, option 1.**

## HEALTH AND WELLNESS PROGRAMS

**Workout Facilities:** During specific hours, students have access to the Time of Grace Center (gym), the Fitness Center, and the Sports Performance Center, all located in the Recreation Complex (REX).

**Campus Programming and Partnerships:** Health Services collaborates with community partners and on-campus departments and groups to promote health and wellness through a variety of programming options.

### CONTACT US

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### VISIT US

**Office of Health Services**  
529 North 89th Street  
[healthservices@wlc.edu](mailto:healthservices@wlc.edu)  
414.443.8630