

# Center for Student Wellness

The Center for Student Wellness (CSW) was founded on the belief that even the most successful and dedicated student occasionally can use guidance and support.

The Center for Student Wellness works to promote student health and enhance learning by reducing health-related barriers to academic success.

## Services

### Wellness Counseling

CUMC students may seek out assistance at the CSW for virtually any concern, big or small. Based on the nature of the concern, CSW staff will assist in the development of a personalized action plan to address the concern. Wellness counseling is free to all currently enrolled CUMC students.

### Wellness Works! Programs

As the health promotion division of the CUMC Student Health Service, the CSW provides outreach programs primarily in the areas of stress reduction, mental health, nutrition, fitness, and study skills.

## Philosophy

*open, safe, confidential*

**The CSW is open** to all students enrolled at the Columbia University Medical Center regardless of race, color, sex, religion, national or ethnic origin, citizenship, sexual orientation, age, marital status, disability, or status as a Vietnam-era or disabled veteran.

**The CSW is safe**, a space where students should feel free to discuss personal matters without fear of judgment or retribution, and receive appropriate assistance.

**The CSW assures confidentiality.** The CSW will not report the names of visitors to the office and will not act without permission, except in cases of imminent serious risk to individual safety, or if required by law.

## Contact the CSW:

### Wellness counseling appointments:

To schedule an appointment with a wellness counselor you may call, email, or simply stop by the Center for Student Wellness to leave a note for a wellness counselor or to set up an appointment in person.

#### Location:

107 Bard Hall @ 50 Haven Avenue

#### Phone/Fax:

212-304-5564 (p) 212-304-5560 (p)  
212-544-1967 (f)

#### Email:

studentwellness@columbia.edu

### Wellness information:

For more information about our programs or for a schedule of upcoming events, please visit our website.

#### Web:

[www.cumc.columbia.edu/students/wellness/](http://www.cumc.columbia.edu/students/wellness/)

### Join our wellness listserv...

To learn more about Wellness events and related services at CUMC, simply send an email to:

Address: [majordomo@columbia.edu](mailto:majordomo@columbia.edu)

Subject: (leave the subject line blank)

Message: subscribe cumcwellness

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COLUMBIA UNIVERSITY  
MEDICAL CENTER

[www.cumc.columbia.edu/students/wellness](http://www.cumc.columbia.edu/students/wellness)

## Are you...

- ...stressed? ...constantly worrying? ...feeling alone?
- ...not sure who to turn to? ...generally unhappy?
- ...feeling like no one will understand your problem?
- ...unsure of available resources?
- ...feeling like no one will understand your problem?
- ...unsure of available resources?
- ...having relationship problems? ...unable to sleep?
- ...concerned about a friend?
- ...having difficulty concentrating? ...feeling “down”?
- ...uncertain about career choice?
- ...unable to discuss your concerns with friends/family?
- ...questioning a decision or course of action?
- ...feeling like your problems are not important?

**Help is available at the  
Center for Student Wellness**

## Common issues brought to the CSW:

Academic concerns • Administrative issues • Alcohol & drug questions • Anxiety & panic • Career questions • Concerns about a friend • Conflict with faculty & supervisors • Depression • Eating concerns • Family issues & illness • Fear of public speaking • Interpersonal issues • Interviewing concerns • Nutrition questions • Personal health & safety • Procrastination • Relationship issues • Roommate conflict • Sexuality • Sexual misconduct/abuse • Sleep disturbances • Stress • Study skills questions • Substance abuse • Test anxiety • Time management troubles

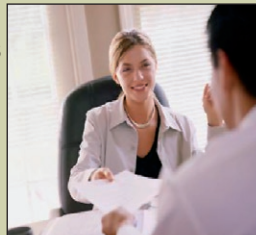
## Wellness counseling

### What is wellness counseling?

Wellness counseling is a solution-based approach to address personal concerns. Wellness counseling is not psychotherapy. Wellness counselors will help you strategize, prioritize, troubleshoot, problem solve, and develop an action plan targeted toward your individual concerns and stressors.

### Who provides wellness counseling?

Our wellness counselors are licensed health education specialists and social workers with extensive backgrounds in health promotion and health education, counseling, health psychology, public health, and stress reduction methods.



### What to expect at a wellness counseling session?

- A welcoming, confidential atmosphere – the CSW will not report the names of visitors to the office and will not act without permission, except in cases of imminent serious risk to individual safety, or if required by law.
- A skilled and qualified professional who will help you talk through your concerns without fear of judgment or retribution.
- To leave with a personalized action plan for making the changes you desire, including the option of returning to the CSW for follow-up.

### When is wellness counseling available?

Wellness counseling walk-in hours are Monday-Friday year-round from 10 am to 2 pm, with appointments available at other times, including early evenings.

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## Join us at our programs

### Wellness Works!

is the joint health promotion program of the Center for Student Wellness and the CUMC Student Health Service.

### Through Wellness Works!

outreach activities are coordinated to address student health and wellness concerns primarily in the areas of stress reduction, mental health, nutrition, fitness, and study skills.

### Strategies for Healthy Living

all of our programs are designed with one goal in mind - to help you develop strategies to cope with the complexities of life as a graduate health sciences student.

### Programs include:

yoga classes,  
wellness workshops,  
mediation groups,  
stress reduction courses,  
wellness interest groups,  
study skills seminars,  
self-defense training,  
and more.



To learn about current offerings, visit our website or call our information hotline, 304-5560.