

Health and Wellness Resources at State

Indiana State believes in a holistic approach to student wellness. We offer a variety of services, programs, and spaces dedicated to health and wellness:

- 1. Office of Campus Recreation | 812.237.4358 | indstate.edu/student-affairs/campus-rec**
 - a. Access to the Student Recreation Center is free for students as long as they show their Sycamore ID card!
 - b. The Student Recreation Center offers equipment and space for working out, as well as group exercise classes, personal training, and an indoor track and swimming pool! The Student Recreation Center also oversees our intermural and club sports.

- 2. Student Health Promotion | 812.237.3939 | indstate.edu/student-affairs/student-health-promotion | indstate.edu/student-affairs/student-health-promotion/sycamore-pantry**
 - a. Student Health Promotion offers a variety of prevention initiatives to support healthy lifestyles, personal development, and growth.
 - b. The Sycamore Pantry is overseen by SHP. The Sycamore Pantry is available to all students and strives to alleviate the stress of food insecurity by providing an emergency food source and promoting healthy, sustainable meals.

- 3. Student Counseling Center | 812.237.3939 | indstate.edu/cns**
 - a. The Student Counseling Center provides students with individual, couples, and group counseling, as well as crisis counseling and intervention, psychological testing, and prevention education.
 - b. As a registered student at ISU, the first three sessions are free at the SCC. Following that, there is a \$60 fee for counseling for the entire academic year.
 - c. Other confidential counseling services on campus include:
 - i. The Psychology Clinic by the Psychology Department | 812.237.3317 | indstate.edu/cas/psych-clinic
 - ii. Norma and William Grosjean Clinic | 812.237.2800 | indstate.edu/education/nawgc

- 4. Indiana State University Victim Advocate | 812.243.7272**
 - a. ISU Victim Advocates are confidential resources to help victims and survivors of sexual violence, relationship violence, and stalking. Victim Advocates can be present at the hospital, during police and campus investigations, and aid the victim with the criminal process.

- 5. UAP Student Health Center | 812.237.3883 | indstate.edu/health-center**
 - a. The UAP Student Health Center is a fully functioning health clinic ran in partnership with Union Medical Group. The UAP Clinic is located on campus and can assist students with illnesses, immunizations, and other health needs.
 - b. UAP Clinic accepts private insurance and participates in many insurance plans. Please make sure your student comes to campus with their insurance card!