

# Health and Wellness Services

## CARE Team

### *(Campus Assessment Response Evaluation)*

Wichita State cares about the well-being of all members of the campus community. The CARE Team assesses student concerns and intervenes in a manner intended to promote the success and safety of individual students as well as that of the entire campus community. To submit a concern or learn more about the CARE Team visit their website (<http://wichita.edu/CARE/>).

## Counseling and Psychological Services

Counseling and Psychological Services (CAPS) provides accessible mental health treatment, training and education to empower the WSU community and promote personal and academic growth.

- Offers low cost, confidential mental health services provided by licensed mental health providers and providers in training to enrolled WSU students. CAPS will not turn students away for inability to pay.
- Call to schedule an appointment at 316-978-4SWC (4792) or schedule first time appointments on the CAPS website (<https://www.wichita.edu/caps/>). Please notify front office staff of any safety emergencies.
- Provides support to the university, departments, faculty and staff with behavior and mental health consultation and community referral assistance.
- Offers mental wellness programming and education to campus including the #WSUWeSupportU Suspenders4Hope mental wellness and suicide prevention program and free meditation livestreams. Trainings are available to reduce stigma and educate regarding mental wellness, suicide prevention, self-care, healthy relationships and stress management, among other topics.
- Helps connect students to medication management services on campus through partnership with Student Health Services.
- Located in the Steve Clark YMCA and Student Wellness Center. One convenient check-in for both health and mental health services.
- 24 hour crisis resources are available through the Lifeline at 9-8-8 or by texting "help" to the Crisis Text-Line at 741-741.

Contact Counseling and Psychological Services in the Student Wellness Center, at 316-978-4792, or on the Counseling and Psychological Services website (<https://wichita.edu/counselingtesting/>). Follow CAPS on social media, @ShockersCAPS, for mental wellness resources. Office hours are Monday through Friday, 8 a.m. to 5 p.m.

## Student Health Services

Student Health Services (SHS) provides medical care for illnesses and injuries, preventative wellness services, and health education to enrolled students by licensed health care providers. All services are confidential.

### Features

- Outpatient care for acute and long-term illnesses and minor injuries;
- Physical exams for class requirements or for general health;
- Gynecological services including pap smears, birth control, ECP and pregnancy testing;
- Mental health medication management, including ADHD prescriptions after diagnosis;
- Onsite pharmacy services prescribed by SHS — including prescription and over-the-counter medications;
- Onsite radiology services for x-rays and ultrasounds;

- Onsite laboratory services including rapid testing, blood draws and cultures;
- Sexual health testing and treatment for STIs and pre/post-exposure prescriptions;
- LGBTQIA+ services, including gender affirming hormones for ages 19 and older;
- Registered dietitian consults for nutrition;
- Social services appointments with MSW students;
- Orthopedic injury evaluations and treatment by faculty from physical therapy and athletic training and a licensed chiropractor;
- Routine and travel vaccinations;
- Ongoing allergy shot regimens when tested and prescribed by your allergists;
- myShockerHealth (<https://studenthealth.wichita.edu>) — a secure web portal providing online access to specific student health services including making an appointment, requesting a medication refill, exchanging messages with providers, checking Student Health financial accounts and bill paying and uploading health records.
- Health education on a variety of topics can be requested for both in and out of the classroom setting. myShockerhealth newsletter (<https://www.wichita.edu/services/studenthealth/newsletter/>) is a source for health information and opportunities.
- myShockerhealth Wellness-To-Go vending machine ([https://www.wichita.edu/services/studenthealth/wellness\\_to\\_go.php](https://www.wichita.edu/services/studenthealth/wellness_to_go.php)) contains healthy products such as test kits, over-the-counter medications, personal hygiene and more!

### Fees and Payment

- No student is turned away for the inability to pay for services.
- Fees range in price for different services.
- No insurance is needed to be seen at Student Health.
- Insurance claims can be filed on most major insurance plans.
- Insurance cards can be uploaded through the myShockerHealth portal.

Appointments are encouraged and can be scheduled anytime through the student portal (<http://studenthealth.wichita.edu>) or by calling 316-978-4SWC (4792).

For more information, visit the Student Health Services website (<http://wichita.edu/shs/>).

Student Health is located in the Student Wellness Center inside the YMCA on the WSU main campus. Hours are Monday - Friday 8 a.m. to 5 p.m.