

RU Ready to Think Healthy?

Rowan offers a number of health and wellness services to students

<p>Don't forget! Before coming to school, proof of all immunizations must be up-to-date. All full-time students are also required to be enrolled in some form of health insurance. Those that do not waive it will automatically be enrolled and charged a fee.</p>	<p>Student Health Services Linden Hall 856-256-4333 www.rowan.edu/health</p> <p>The Student Health Center serves students' health promotion needs. The staff also evaluate and treat acute illnesses and injuries, provide health fairs and educational programming and ensure students' compliance with pre-matriculation health and immunization requirements.</p> <p>Male and female reproductive health care services are available on campus by Famcare, Inc., Wednesdays from 4pm-8pm. Call 1-888-794-1235 to schedule an appointment.</p> <p><i>The Student Health Center hours:</i> Monday –Thursday 8am – 6pm Late hours Wednesday till 8pm Friday 8am-4pm Saturday 10am-2pm</p>
<p>Did you know? A relaxing activity right before sleep can help you separate your sleep time from things that cause you excitement or anxiety.</p>	<p>Counseling and Psychological Services Savitz Hall 856-256-4222 www.rowan.edu/counseling</p> <p>Counseling and Psychological Services promotes the psychological wellbeing and personal growth of a diverse student body by providing confidential counseling and consultation.</p> <p>Individual, couples and group counseling; workshops and presentations; psychiatric consultation; psychological assessments; 24 hour crisis counseling and community referrals are among the services offered by Counseling and Psychological Services.</p> <p><i>Counseling and Psychological Services hours:</i> Mon-Fri 8:30am-4:30pm by appointment Late hours Wednesday till 7pm.</p> <p><i>Psychiatric Service hours:</i> Mon & Wed by appointment only. <i>After-Hours Emergencies call 856-256-4911</i></p> <p><i>Walk-in Emergencies:</i> Mon-Fri 10am-2pm</p>
<p>Did you know? Tobacco kills more Americans each year than alcohol, cocaine, crack, heroin, homicide, suicide, car accidents, fires and AIDS combined.</p>	<p>CASA - Center for Addiction Studies and Awareness Alvin Shpeen Hall 856-863-2175 www.rowan.edu/cas</p> <p>The Center for Addiction Studies and Awareness (CASA) is involved in promoting a variety of alcohol, tobacco and other drug prevention and education programs on campus designed to promote health and wellness.</p> <p>The Rowan Center Clinic is housed within CASA and is a fully-licensed facility providing therapeutic services for those experiencing problems with alcohol and drug use. The clinic is staffed by licensed clinicians.</p> <p><i>CASA Hours:</i> Mon- Fri 8:30am to 4:30pm Late hours Wednesday till 7pm</p>

