

EMPOWERING PARENTS: NAVIGATING STUDENT HEALTH & WELLNESS AT UVA

Student Health and Wellness
University of Virginia



Department of
Student Health and Wellness

UVA Opens New Student Health Building, Shining Spotlight on Wellness

By Jane Kelly, jak4g@virginia.edu • Photos By Dan Addison, danaddison@virginia.edu • October 14, 2021

550 BRANDON AVE

**Operating Hours
(Academic Year):
8am-5pm weekdays**

****STUDENTS 5PM-2AM WEEKDAYS,
7:45AM-2AM WEEKENDS****



Hoos: Find Out Why the Princeton Review Says UVA's Student Health and Wellness is No. 1

The Department of Student Health and Wellness promotes the health and wellbeing of all students at the University of Virginia to support their pursuit of academic and personal success.

- Mental Health Services
- Medical Services
- Well-Being
- Disability Services
- Care and Support Services



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MENTAL HEALTH SERVICES

- Psychological and psychiatric assessment
- Referral and care management
- Individual and group psychotherapy
- Psychiatric medication services
- In-person emergency services
- Afterhours on-call crisis consultation
- Telehealth



TIMELYCARE

- Talk Now
- Scheduled Counseling
- Psychiatry
- Group Sessions
- Self-care Journeys
- Peer Community

**TALKNOW VISITS
FROM ANYWHERE.**

IT'S FOR HOOS. **FOR FREE.**

TALK TO A PROFESSIONAL ABOUT:

Anxiety • Depression • Substance use
Stress • Life Transitions • Academic Challenges
Relationship Issues

**For more information visit
timelycare.com/uva**

 **timelycare**
Telehealth
for Hoos

Virtual care from anywhere.
Get on-demand support from counselors
and more, right at your fingertips.

24/7 Mental Health Support


TALKNOW


PSYCHIATRY


SCHEDULED
COUNSELING



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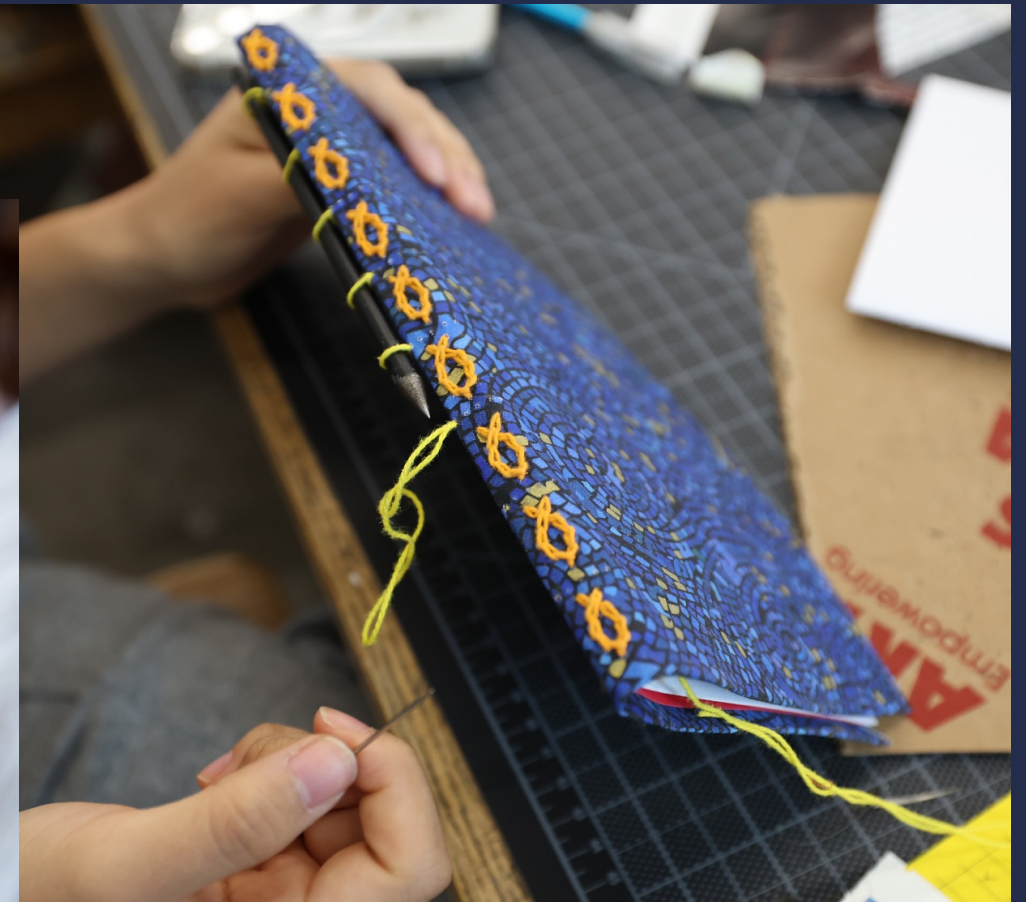
MEDICAL SERVICES

- Acute and chronic medical illness care
- Preventative Health
- Nutrition services
- Same day observation
- Procedures
- Coordination of Referrals
- Telemedicine
- X-ray
- Lab
- Pharmacy



WELL-BEING

- Teaching Kitchen
- Art Room
- Functional Exercise
- Outreach
- Wahoo Well
- Collegiate Recovery



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ENGAGING NATURE FOR HEALTH AND WELL-BEING



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STUDENT DISABILITY ACCESS

- Comprehensive services for students with disabilities
- Accommodations to ensure equal access to University programs and services
- Consultations and screening services



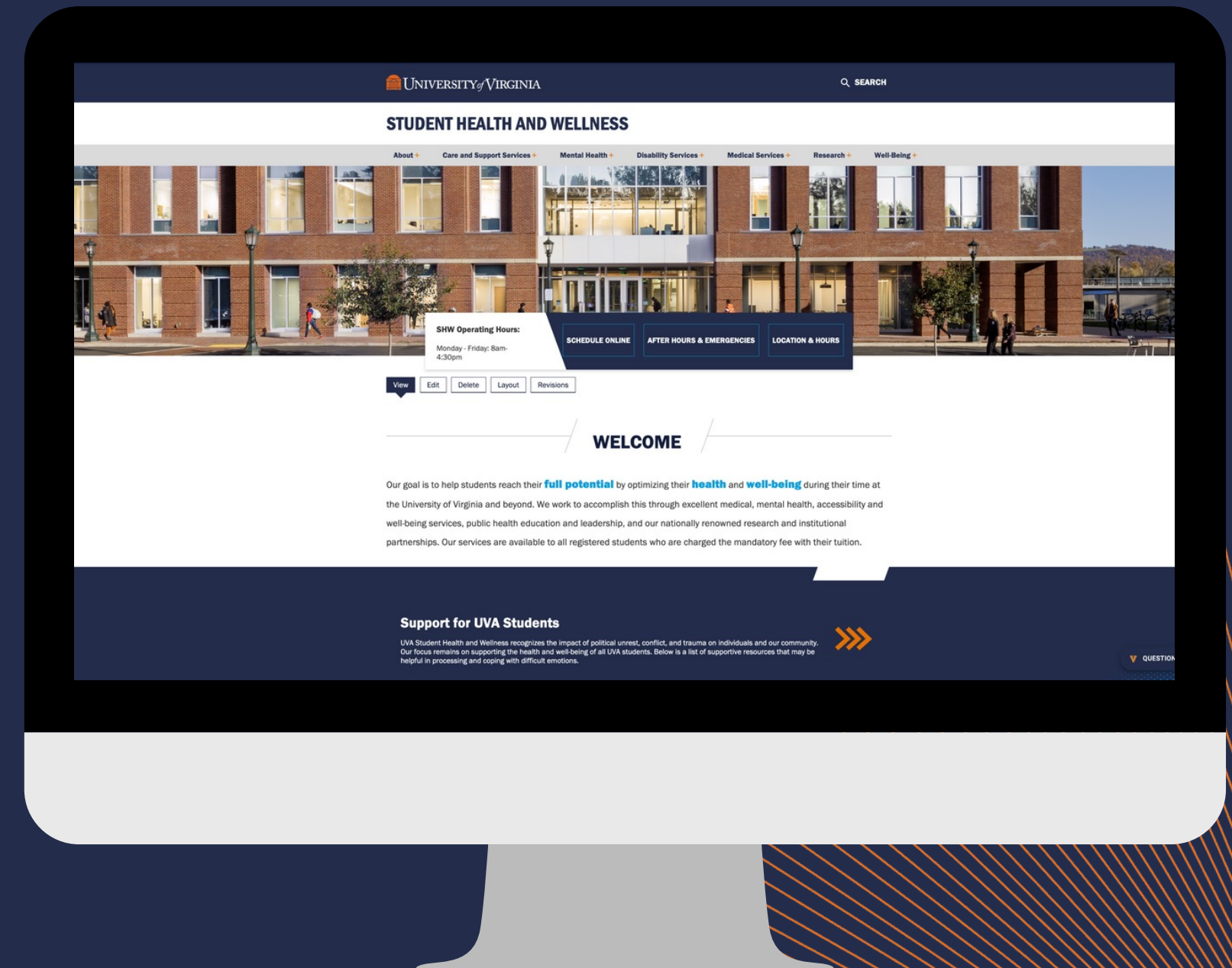
CARE AND SUPPORT SERVICES

- Individualized non-clinical support
- Navigating life outside the classroom
- Basic needs resources
- Peabody Hall, 2nd floor
- Moving to 4th floor in SHW building in 2025



SCHEDULING APPOINTMENTS WITH SHW

- Healthy Hoos Online Patient Portal
- After Hours
 - Medical: 434-297-4261
 - Mental Health: 434-243-5150
 - Talk Now: Timely Care
- Care and Support Services
 - CASS@virginia.edu
 - 434-924-7133
 - Dean on Call



SERVICES COVERED BY FEES

- Visits with SHW staff
 - MD, NP, RN, RD, PhD, MSW
- Counseling services
- Psychiatric treatment
- Consultation for academic difficulties
- Disability access services
- Virtual, on-demand mental health care
- Management of chronic disease
- Eating disorder management
- 24 hr triage, on-call support
- Health promotion programs and events
- Coordination of referral services and hospital transfers



CONFIDENTIALITY AND CONSENT

- 18 year olds are “adults” in Virginia
 - Protected by privacy and confidentiality statutes
 - May consent to any treatment
- For 18 year olds (and minors for certain conditions) we need a student’s written or verbal permission to speak with a parent.

Student Health and Wellness cannot allow parents blanket access to their student’s health information.



THINGS TO DO NOW

Requirements

- Pre-Entrance Health Form
 - Due August 1
 - Health Insurance Verification
 - July 15-August 30
 - Submit proof of current insurance
- or
- Enroll in the UVA-sponsored Aetna student health plan

Suggested

- Visit our orientation website to go over materials with your student
- Complete our new student checklist



[studenthealth.virginia.edu/orien
tation](https://studenthealth.virginia.edu/orientation)



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QUESTIONS



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