



International Student Services  
INTERNATIONAL DIVISION  
UNIVERSITY OF WISCONSIN-MADISON

# WHERE TO FIND HEALTH RESOURCES

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**2024-25**  
EDITION



# **CAMPUS HEALTH RESOURCES**

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## **1. Physical Health**

- Campus Clinic
- Pharmacies
- Gym & Fitness

## **2. Mental Health**

## **3. Student Health Insurance**





# HEALTH

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The extent of an individual's continuing physical, emotional, mental, and social ability to cope with the environment.

## UNIVERSITY HEALTH SERVICES

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University Health Services (UHS) is the University of Wisconsin-Madison's health center that provides medical and mental health services to UW-Madison students



**UHS** | UNIVERSITY  
HEALTH SERVICES



# PHYSICAL HEALTH

## Campus Clinic

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### Main UHS Clinic – 333 East Campus Mall

- 5th floor: Medical Services (Primary Care)
- 6th floor: Medical Services (Allergy, Immunotherapy, Sexual Health, Gynecology), Psychiatric Services
- 7th floor: Mental Health Services, Survivor Services
- 8th floor: Kabler Conference Room 8808, Student Health Insurance Plan (SHIP), Health Information Management, Budget & Finance







# PHYSICAL HEALTH

## Campus Clinic

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### Lakeshore Clinic – Dejope Hall (drop-in only)

- Closed during winter break and throughout the summer.
- Room 1104: Care for certain health concerns

Upset Stomach

Alcohol Use

Flu Shots

Headaches

Basic Wound Care

Upper Respiratory  
Infections: COVID-19 and  
Colds

Cold Sores

Sleep

Nutrition

Mumps

Pink Eye

Animal Bites & Bat  
Exposure

Back Pain

Sexually Transmitted  
Infections

Acne

Sore throat

**SOME COMMON  
CONCERNS FOR  
STUDENTS**



# PHYSICAL HEALTH

## Pharmacies

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### Walgreens Pharmacy - 311 E Campus Mall

- Walgreens is a convenience store with food, water filter, and personal care.
- They are also a pharmacy with medicines







# PHYSICAL HEALTH

## Pharmacies

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### CVS Pharmacies - 2 S BEDFORD ST

- CVS Pharmacy is a leading U.S. retail chain for prescriptions, health products, and everyday items.





# PHYSICAL HEALTH

## Pharmacies

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- **UW Health Pharmacy**
- Pharmacists:
  - Are available 24 hours a day, 365 days a year
  - Review patient laboratory results and medication history to improve communication
  - Provide one-on-one counseling to manage medications and avoid harmful side effects
  - Collaborate with providers to coordinate medication refills and renewals
  - Are experts in chronic illnesses or issues such as transplants, HIV/AIDS, cystic fibrosis, diabetes and heart disease
  - Offer expertise in injectable medications

**UWHealth**



# PHYSICAL HEALTH

## Pharmacies

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- Pharmacies can also be found in Walmart and Target.





# PHYSICAL HEALTH

## Gym & Fitness

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- **RecWell - Fitness/Gym resources**
  - Nicholas Recreation Center
  - Bakke Recreation & Wellbeing Center
  - Nielsen Tennis Stadium
  - Near West Fields



**RECREATION  
& WELLBEING**

UNIVERSITY OF WISCONSIN-MADISON



# MENTAL HEALTH

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- **Mental health** includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices.
- Mental health is **equally important** as physical health.

## HEALTHY MINDS SURVEY

1 IN 3 STUDENTS  
HAVE EXPERIENCED ANXIETY OR DEPRESSION  
AT UW-MADISON



YOU ARE NOT ALONE !!!



# MENTAL HEALTH

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## Mental Health Services (MHS) at UHS

Log in to MyUHS, download the MyUHS app, or call **608-265-5600** (option 2) to make an appointment.

24/7 Crisis Support

Survivor Services: Mental Health

Group Counseling

Let's Talk

Substance Use Disorders

Eating Disorders

Psychiatry Services

Individual Counseling

Care Managers

Couple/Partner Counseling





# STUDENT HEALTH INSURANCE

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## Student Health Insurance Plan (SHIP)

SHIP is a comprehensive health insurance plan that is specifically designed to safeguard the health of UW–Madison students.

By administering the plan locally at University Health Services (UHS), we keep costs as low as possible—ensuring that the plan is tailored to the needs of our members.



**UHS** | UNIVERSITY  
HEALTH SERVICES



# STUDENT HEALTH INSURANCE

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## SHIP Office Location

333 East Campus Mall, 8th Floor  
Madison, WI 53715-1381

Office Hours: 8 am–4 pm,  
Monday–Friday

Phone: 608-265-5232;  
Fax: 608-265-5668  
[shipmail@uhs.wisc.edu](mailto:shipmail@uhs.wisc.edu)







International Student Services  
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# Welcome, Badgers!



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