Student Wellness Resources

School Retreat – January 3, 2024
Overview

1. Share University-wide student resources
2. Empower you to make connections for students when needed
3. Foster your input and ideas on supporting student growth and development
Center for Financial Education & Wellness

Our mission is to equip students with the personal finance skills to take control of their finances now and in the future.

Engaging with Us:

- **In-person meeting** – Personal finance meetings with our team.
- **Seminars** – Attend weekly workshops based on various topics.
- **Group Sessions** – We meet with student organizations & groups on campus.
- **Online Platform** – Gain access to YouTube style videos & on the go resources provided by GradReady.

- **Budgeting**
- **Basic Credit & Credit Cards**
- **Saving**
- **Loan Debt**
- **Living Off campus**
- **Grocery Shopping on a Budget**
- **Identity Theft**
- **Basics of Investing**
- ...and more!

Thackeray Hall - Room 130
financialwellness.pitt.edu  |  finwellness@pitt.edu
WORKSHOPS IN
OCTOBER 2023

- **WEDNESDAY 4:** 5:30 PM: Budgeting your money in college
- **WEDNESDAY 11:** 5:30 PM: Living off-campus
- **WEDNESDAY 18:** 5:30 PM: Savings and goal setting
- **FRIDAY 20:** 12 PM: Navigating student loan repayment
- **WEDNESDAY 25:** 5:30 PM: Understanding credit
- **THURSDAY 26:** 5:30 PM: Grocery shopping on a budget

For more information, visit us at [financialwellness.pitt.edu](http://financialwellness.pitt.edu)

Scan the QR code for a full schedule of our events!
Care & Resource Support Office

Resource Connection
• Connection and Advocacy to Campus & Community
  Resources to support student well-being and promote academic success
• Case Management
• Referral-based

Pitt Pantry and Thirftsburgh
Located in the O’Hara Student Center – first floor
• Pitt Pantry provides free shelf staples, fresh produce, frozen meat, and hygiene items. Visit twice a month. No appointment needed.
• The University of Thriftsburgh sells second-hand clothing, shoes, and accessories. All items are $10 or less.

https://www.studentaffairs.pitt.edu/care-and-resources/care-managers/care-resources
Student Health Services

Clinic
- **Wellness Center, 2nd Floor Nordenberg Hall** | (412) 383-1800
- Hours of Operation (September – April)
  - Monday and Thursday: 9:00 a.m. – 7:00 p.m.
  - Tuesday, Wednesday, and Friday: 9:00 a.m. – 5:00 p.m.
  - Saturday: 10:00 a.m. – 3:00 p.m.
- Making an Appointment (Telemedicine or In-Person): Call or schedule online through Student Health's Patient Portal
- Services include primary medical care for acute and chronic conditions, gynecologic care, travel health, LGBTQ inclusive care, sports medicine, immunizations, and contraceptive care
- Bills health insurance for services rendered

University Pharmacy
- **Nordenberg Hall at the corner of Fifth Avenue and University Place** | (412) 383-1850
- Accepts many insurance plans
- Communicate directly with the pharmacy and submit refill requests through PocketRx
- Over-the-counter items can be ordered online for pick up
- Text-based reminders

Office of Health Education and Promotion
- **Wellness Center, 2nd Floor Nordenberg Hall** | (412) 383-1800
- Variety of programs and services to enhance personal and community health and well-being, including nutrition counseling and substance abuse prevention programs
- Stress Free Zone
Located at:
4041 Fifth Avenue
Nordenberg Hall storefront
Ongoing Services:
COVID-19 Primary Services, Boosters: ages 3+
Flu: ages 3+; High-dose flu available for those who qualify

New Patient Care Services:
All Adult Vaccinations:
*Pneumococcal, Shingles, Tetanus, Mpox*
*Travel Vaccinations & Consults*
Employee biometric screenings:
  Blood pressure, Height/Weight BMI, fasting cholesterol and blood glucose

https://www.healthhub.pitt.edu
University Counseling Center - UCC
Wellness Center - Nordenberg Hall, 2nd Floor
412-648-7930 | counseling.pitt.edu

- **Services are free for enrolled students.** Psychological assessment services are available for a fee. The UCC does not utilize insurance.
- **There is not a wait list for any services.**
- Students can connect to services by first using Drop-In:
  - Monday-Friday, 9am - 4pm - Call 412-648-7930 or stop by
- Services are confidential - UCC clinicians cannot disclose information about a student or their care without expressed permission by the student, or when specified by law.
- Students can connect with 24/7 support by calling **412-648-7930**.
- Students can access individual and group counseling, relationship/couples counseling, workshops, peer support spaces (online and in-person), consultations, specialized care services, care coordination and self-help resources.
Thrive @ Pitt

Visit:  www.thrive.pitt.edu

Your ONE STOP for:

Resources, tools, and services available to help all students maintain and enhance their overall well-being
Student Support
Resources
Phone Contact

PittPharmacy
Student Resources PittPharmacy
(412) 624-5240
pharmacy.pitt.edu
thrive.pitt.edu
3501 Terrace Street
Pittsburgh PA 15261

Student Wellness Resources:
- Student Health Services: 412-383-1800
- University Counseling Center (24/7):
  412-648-7930
- University Pharmacy: 412-383-1850
- Pitt Vaccination & Health Connection Hub:
  healthhub.pitt.edu
## Summary of Student Wellness and Support Services

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Your Input, Experience, and IDEAS!