



University of
Pittsburgh

**School of
Pharmacy**

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



Fitness Facilities

Baierl Rec Center | Bellefield Hall
Sports Dome | Trees Hall | William Pitt Union
24/7 Res Hall Fitness Centers

Fitness and Wellness

Group Classes | Wellness Consultations Campus-wide Workshops

Outdoor and Adventure Pursuits

Climbing Wall | Bike Cave | Outdoor Trips

Competitive and Recreational Play

Club Sports | Intramurals | Tournaments
Cost Sports Center | Pitt Sports Dome

Aquatics

Trees Hall | Bellefield Hall
Rec Swim Hours | Instructional Classes

Professional Development

Student Employment
Certification Events | First Aid/CPR Training
Education Workshops

Special Events

Rec-O-Mania | Office of Campus Programming
Events | Cert-a-Palooza | Intramural
Competitions | Ruff Ride 24-Hour Spin Charity



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

For more information, visit us at financialwellness.pitt.edu



University of
Pittsburgh

Center for Financial
Education & Wellness

Scan the QR code for a full schedule of our events!

WORKSHOPS IN

OCTOBER 2023



WEDNESDAY

4

5:30 PM:

Budgeting your money in college

FRIDAY

20

12 PM:

Navigating student loan repayment

WEDNESDAY

11

5:30 PM:

Living off-campus

WEDNESDAY

25

5:30 PM:

Understanding credit

WEDNESDAY

18

5:30 PM:

Savings and goal setting

THURSDAY

26

5:30 PM:

Grocery shopping on a budget

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 Thriftsburgh

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.



Care and Resource
Support Team
Student Affairs



<https://www.studentaffairs.pitt.edu/care-and-resources/care-managers/care-resources>

Student Health Services



Student Health Services
Student Affairs

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

HUB Services & Updates

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





University of
Pittsburgh

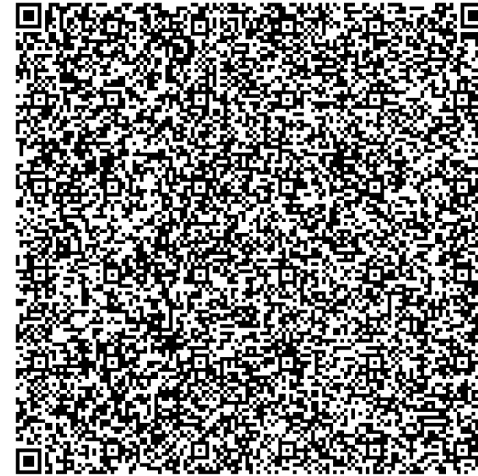
School of Pharmacy

Student Support Resources Phone Contact

[Info](#)

[QR Me - Contact](#)

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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

	Social	Health	Finance/Basic Needs	Academic
University	Wellness Education Counseling Services	Student Health Services Health Education Counseling Center	Financial Education & Wellness Case Management Pitt Pantry Thriftsburgh	Pitt Student Support Center (Provost Office)
Pitt Pharmacy	Student Organizations	SOP Counselor HUB	Scholarships Extraordinary Financial Support	Practicum Sessions Individual tutoring: TA, Rho Chi Coaching for Success

Your Input,
Experience, and
IDEAS!



Scan the code using the Padlet app on your phone or tablet.