

The Wellness Center

The Wellness Center provides individual counseling, couple/family counseling, crisis intervention, nutrition services, primary health care, medical examinations, sport physicals, lab tests, prescriptions, wound care, health and wellness coaching, and referrals to local providers. The Wellness Center promotes an integrative and holistic approach to support the health and wellbeing of the whole person: body-mind-spirit. Integrating health practices with Christian faith, we endeavor to support students' development of lifestyle practices that contribute to individual health and wellbeing, including wise nutritional choices, restorative sleep, stress management, exercise, spiritual practices, and cultivating healthy interpersonal relationships and community. For a detailed list of services and office hours, please visit the Wellness Center website.

Counseling and medical services provided to students are *confidential*. The Wellness Center complies with Washington State Administrative Code and federal HIPAA privacy laws protecting confidentiality as the legal right of students seeking health services.

Students with needs beyond the scope of services of the Wellness Center will be assisted with referrals to off-campus providers. If a student is referred to services outside of Northwest University, all fee schedules are between the student and the service provider.

Appointments can be scheduled by contacting the Wellness Center at Ext. 5282. The Wellness Center is located in Everette D. Greeley Wellness Center, Building #5. For health concerns that require immediate attention and occur outside of the Wellness Center's office hours, please refer to our web page for a list of local resources that provide 24-hour response. Additional information is available on The Wellness Center web page:

<http://eagle.northwestu.edu/departments/wellness-center/>