UW La Crosse CTC Counseling & Testing is located on the 2nd floor of Centennial Hall, Room 2106. We are open from 8am-4pm Mon-Fri. Our services include Brief Individual and Group Therapy, Specialty Services, Mental Health, Prescriptions, Immunizations & Tuberculosis Screening, Same day Acute Care, Chronic Illness, Routine Follow-ups, and Prescription Pick-Up.

Sexual Assault Prevention (SAP) for Undergraduates will be held on August 17. For more information, please visit the UWLaCrosseViolencePrevention website.

Check out these videos for some advice from your Eagle Guides:

For the latest updates to in-person assistance, visit our website: https://www.uwlax.edu/studentlife/student-health.

Your list of questions is likely much longer and varied, I'm sure. Don't neglect the more critical questions, too, like: What will campus life be like? What will classes look like? How will student activities be executed? What can you do to help keep yourself and others healthy and safe? Be sure to read this edition thoroughly. Your Dean of Students, John C. Mitnik, addresses your concerns as he looks ahead for all appointments as we move the semester online.

Due to COVID, this fall the Recreational Eagle Center (REC) will look different with the use of extra precautions in place to keep our users and staff members as safe as possible. While we may have to make some sacrifices in order to get through this semester together, we promise you that your safety is our top priority. Your well-being is important to us, so please be proactive in taking the necessary precautions to keep yourself and your peers safe. Engage in good hygiene. Wash your hands and keep surfaces clean whenever you can. Don’t share household items with others. Avoid touching your face, particularly your eyes, nose, and mouth. Be mindful of your interpersonal distance. Keep at least six feet away from others and refrain from touching people who are not part of your social bubble. Additionally, avoid touching things that are in close proximity with others. While I know students want to socialize, it is a difficult time to do that safely; drinking and dancing in crowded bars, eating in restaurants, and socializing at parties is just not a good idea for you, others, or the campus.

In the meantime, take a quick tour through the REC. Despite COVID, we will still have many options for you to choose from, both in the REC and in other locations on campus. We pride ourselves on “something for everyone.” From creating a workout plan, participating in Intramurals, creating a habit plan, participating in the Nagle Challenge, building a college career, developing a professional network, playing as a student athlete, or just creating lifelong memories. Check out our social media sites on Instagram for updates and information about upcoming events.

Please contact us by calling 608-785-8062 or emailing studenthealth@uwlax.edu. There is no substitute for getting your questions answered by an expert. We will make every effort to answer your questions in a timely manner. You can also follow us on our website: https://www.uwlax.edu/studentlife/student-health. Please continue to stay safe and healthy in the coming weeks. We know you're missing your friends and family. Please call home. We are providing COVID-19 testing for students with symptoms and are providing free, confidential conversations for students wanting to discuss their alcohol and/or other drug use. More information can be found on our website: https://www.uwlax.edu/studentlife/student-health.

Dean of Students