Counseling & Testing is located on the 2nd floor of Centennial Hall, Room 2106. We are open from 8am-5pm, weekdays. Our services will be offered virtually this fall, and will include:

- Free, confidential conversations for students wanting to talk about their thoughts or feelings
- Routine follow-ups on existing treatment plans
- Mental health services for a variety of issues
- Physical exams with required paperwork
- Immunizations & tuberculosis screening
- STI screening
- Same day acute care
- Substance abuse counseling
- Academic or financial assistance

Please contact us by calling 608-785-8062 or emailing wellness@uwlax.edu. Sign up to receive our future emails.

Student Health Services will be available through our programs and spaces: Fitness Center, indoor climbing wall, informal recreation, instructional programs, intramural sports, Outdoor Connection equipment rental, and more. We want to help you explore new activities, meet new friends, maintain a healthy lifestyle, and create lifelong memories. Check out our social media sites on Instagram for updates and announcements.

Due to COVID, this fall the Recreational Eagle Center (REC) will look different with the use of social distancing, masks, and limited space mini-fridges. The Recreational Eagle Center is available to students who have paid their membership fees. The Recreational Eagle Center will be offering services such as fitness classes, weightlifting, group exercise classes, and more. They will also have a variety of outdoor activities available, such as hiking, kayaking, and mountain biking. The REC will continue to provide our full array of services throughout the 2021 school year! Our mission is to enhance the overall quality of life for UWL students by providing access to physical, emotional, and social support services, growth opportunities and welcoming facilities. We pride ourselves on "something for everyone" and invite you to join us!

As you might imagine, the COVID-19 crisis continues to change daily as do the decisions we make. Rest assured, we are working diligently on your behalf to prepare for your safe arrival. To this end, anticipate a few necessary expectations upon your arrival. Students will be required to wear masks and maintain a 6-foot distance from others. Please remember that as we work to prevent the spread of COVID-19, we will have extra precautions in place to keep our patients safe.

Please contact us by calling 608-785-8558. For more information about our services, visit our website: https://www.uwlax.edu/wellness/basics/ or our Facebook page: facebook.com/UWLStudentLife.

Dean of Students
Greg Phlegar
Welcome! And, have a safe semester, everyone.