WHERE TO FIND HEALTH RESOURCES

2024 EDITION
CAMPUS HEALTH RESOURCES

1. Physical Health
   • Campus Clinic
   • Pharmacies
   • Gym & Fitness

2. Mental Health

3. Student Health Insurance
HEALTH

The extent of an individual’s continuing physical, emotional, mental, and social ability to cope with the environment.

UNIVERSITY HEALTH SERVICES

University Health Services (UHS) is the University of Wisconsin-Madison’s health center that provides medical and mental health services to UW-Madison students.
Main UHS Clinic – 333 East Campus Mall

- 5th floor: Medical Services (Primary Care)
- 6th floor: Medical Services (Allergy, Immunotherapy, Sexual Health, Gynecology), Psychiatry
- 7th floor: Mental Health Services, Student Health Insurance Plan (SHIP)
- 8th floor: Survivor Services, Health Information Management (HIM)
PHYSICAL HEALTH
Campus Clinic

- Lakeshore Clinic – Dejope Hall (drop-in only) – Closed during the summer term
  - Room 1104: Minor illness and injury treatment

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<thead>
<tr>
<th>Upset Stomach</th>
<th>Alcohol Use</th>
<th>Flu Shots</th>
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<tbody>
<tr>
<td>Headaches</td>
<td>Basic Wound Care</td>
<td>Upper Respiratory Infections: COVID-19 and Colds</td>
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<td>Cold Sores</td>
<td>Sleep</td>
<td>Nutrition</td>
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<td>Mumps</td>
<td>Pink Eye</td>
<td>Animal Bites &amp; Bat Exposure</td>
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<td>Back Pain</td>
<td>Sexually Transmitted Infections</td>
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<td>Acne</td>
<td>Sore throat</td>
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Walgreens is a convenience store with food, water filter, and personal care. They are also a pharmacy.

There are two Walgreens close to the UW campus, one on State Street across from the University Bookstore, and the other one at the corner of University Avenue / East Campus Mall (near UHS).
CVS Pharmacy is a leading U.S. retail chain for prescriptions, health products, and everyday items.

CVS Pharmacy near UW-Madison can be found on West Washington Ave and the Hilldale Mall area.
• Pharmacies can also be found in Walmart and Target.
PHYSICAL HEALTH
Gym & Fitness

- RecWell - Fitness/Gym resources
  - Nicholas Recreation Center
  - Bakke Recreation & Wellbeing Center
  - Nielsen Tennis Stadium
  - Near West Fields
Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices.

Mental health is equally important as physical health.

HEALTHY MINDS SURVEY

1 in 3 students have experienced anxiety or depression at UW-Madison

You are not alone!!!
MENTAL HEALTH

Mental Health Services (MHS) at UHS
Log in to MyUHS, download the MyUHS app, or call 608-265-5600 (option 2) to make an appointment.

- 24/7 Crisis Support
- Survivor Services: Mental Health
- Group Counseling
- Let’s Talk
- Substance Use Disorders
- Eating Disorders
- Psychiatry Services
- Individual Counseling
- Care Managers
- Couple/Partner Counseling
Student Health Insurance Plan (SHIP)

SHIP is a comprehensive health insurance plan that is specifically designed to safeguard the health of UW–Madison students.

By administering the plan locally at University Health Services (UHS), we keep costs as low as possible—ensuring that the plan is tailored to the needs of our members.
STUDENT HEALTH INSURANCE

SHIP Office Location

333 East Campus Mall, 7th floor
Madison, WI 53715-1381

Office Hours: 9 am–5 pm, Monday–Friday

Phone: 608-265-5232
Fax: 608-265-5668
shipmail@uhs.wisc.edu
Welcome!
Badgers

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