

We Care About You!

Wellness Center: Health and Counseling Services

Campus Center, Suite 217
Tel: 315-792-7172
Fax: 315-792-7371

Monday through Friday – 9 a.m. to 5 p.m.

*Limited clinical hours during breaks and
no clinical hours during the summer.*

The perfect getaway...
Relaxation room with therapeutic
massage chair to help you de-stress!



FAQ?

What will I pay?

All services provided at the Wellness Center are covered by your health fee. Students are financially responsible for services provided by outside facilities, i.e. X-rays, lab work, specialists, etc.

Can I use the services if I have my own insurance?

Yes. Regardless of your medical insurance coverage you can use the health and counseling services. We do not bill insurance companies.

What do I do if the Wellness Center is closed & I am sick?

Office hours are very similar to most doctor offices. Just as if you were home, you would seek alternate health care services if your doctor's office was closed. There are multiple urgent care centers and emergency rooms approximately 4 miles from campus, thus you would seek medical attention at one of these healthcare facilities.

What about on campus emergencies?

University Police should be contacted immediately. Using an on campus phone (office or dorm), dial 7111 or using a cell phone dial 315-792-7111. If you are living in the residence halls, you can also contact a Resident Advisor (RA) or Resident Director (RD).

Do I need an appointment?

Appointments are recommended, however walk-ins are accommodated per schedule availability. Appointments are required for counseling services.

SUNY
POLY

We are here to help you!



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SUNY POLY

Confidentiality

is of utmost importance. Staff will only share medical information with written consent obtained from the student unless a crisis/emergency deems it otherwise.

No charge

for most services. You are able to use all services regardless of what medical insurance you have. We do not bill your medical insurance company.

Walk-ins

are welcome however appointments are recommended for student convenience.

Medical Services

Medical services are provided by a physician, nurse practitioner and/or a registered nurse. The clinicians are sensitive to the unique health needs of students attending college.

Medical evaluation, treatment & follow-up care:

- Sick Care: colds & other respiratory infections, rashes, eye/ear infections, urinary tract infections, fever, sore throat, nausea, vomiting & diarrhea, etc.
- Injury Care: sprains/strains, abrasions/cuts/bruises, minor burns, joint pain, etc.
- Preventive health care: testing for sexual transmitted diseases (STD's), GYN exams & pap smears, birth control, etc.
- Blood work/laboratory work: testing for mono, throat infections, flu, HIV, etc.
- Medications: limited prescription & over the counter
- Medical Equipment/Supplies: crutches, band-aids, cough drops, condoms/lubricants, ace bandages, ice packs, etc.
- Referrals: to private practitioners, community agencies, etc.

Health Promotion

Health promotion services provide students the necessary tools to experience optimal health and wellness.

- Appropriate health guidance with necessary referral
- Prevention focused & peer education programs
- Current health-related educational literature/resources
- Alcohol/substance use prevention
- HIV rapid testing (oral swab, results in 20 minutes)
- Smoking cessation assistance
- Stress management resources including therapeutic massage and the relaxation room.



Counseling Services

Counseling services are voluntary, by student request & with strict confidentiality. Our counselors provide unlimited, episodic counseling services to assist students to manage their concerns/issues such as:

- Balancing personal life, work & college
- Anxiety, stress and/or depression
- Anger management
- College transition issues including: roommate and/or relationship issues, adjusting to college life, homesickness, etc.
- Grief and family problems
- Eating disorders
- Sexual and gender identity
- Substance abuse

Crisis intervention services are provided as necessary, with referrals to local mental health services for students at high or imminent risk of harm to self or others.

Appointments are scheduled by calling 315-792-7172.