



The University Counseling Center

The University Counseling Center offers free, confidential mental health counseling to currently enrolled Loyola students. We want you to know that we are here for you, and to encourage you to reach out if you need help. Not sure how that works? Below are some options. All services are free and confidential, and can be accessed by calling 504-865-3835:

1. **UCC Counselor On-Call:** 4 am, stressed or depressed and need to talk? Call the UCC to be immediately connected to a counselor, 24/7, 365. During business hours, ask to talk to the Counselor On-Call; after hours just press 1.
2. **Psychological Counseling:** Need some extra support? Anxious about school, relationships, or life in general? Sad, lonely, feeling helpless or hopeless? Dealing with trauma or intrusive thoughts? Struggling with personal mental health issues? Want to make a change, but unsure how to start? We can help. Call between 8:30 am and 4:45 pm and request an appointment.
3. **Anxiety Management Workshops:** Stressed? Can't focus because you are too busy worrying? Panic attacks? Want to feel better fast? Our weekly Anxiety Management Workshops offer concrete skills and strategies to reduce and eliminate undue anxiety. No preregistration is necessary. Please go to bit.ly/loynoworries for more information.
4. **Crisis Intervention:** Same day appointments are available to students who need immediate help.
5. **Consultation:** Concerned about a friend or roommate? Consult with one of our counselors.

Questions? Visit our [website](#) for more information.

University Counseling Center
Danna Center 208
504-865-3835
<http://studentaffairs.loyno.edu/counseling>

Student Health Services

Services We Provide:

Student Health Services provides primary healthcare treatment for all currently enrolled students. This includes, but is not limited to:

- COVID testing, treatment and vaccination
- Well Woman Exams
- STD testing
- In-house lab and contracted laboratory work
- Referral service to area specialists and urgent care facilities
- Treatment of common health problems such as UTI's, respiratory infections, headaches, sexually transmitted infections and dermatological conditions

Same Day appointments or nurse consultations are available on a first come, first serve basis. SHS accepts most major health insurance plans. There is no copay at SHS for services for students who have Loyola's Aetna Student Health insurance plan.

Excuse Notes:

Student Health Services can provide a medical excuse note only if the student is evaluated by a staff member. Please note that it is at the professor's discretion whether or not the excuse is accepted for missed class or exam.

Students who call or come in for an excuse after an illness has occurred (e.g., I was sick last week), will not receive an excuse. Excuses will only be provided to students who are evaluated by a staff member in Student Health Services at the time of the illness.

Questions? Visit our [website](http://studentaffairs.loyno.edu/health) for more information.

Student Health Services

Danna Center Basement

(504) 865-3326

<http://studentaffairs.loyno.edu/health>