PCRHS appointments transitioned to telephone, drive-up as appropriate with birth control, safer sex supplies provided via mail or curbside pick-up.

Virtual and in-person visits at Vibrant Health

During the pandemic, the office was successful and speedy to implement tele-counseling to continue to support students.

Counseling Services COVID-19 Implementation

By the Numbers 2019-2020

- 2,194 Individual counseling sessions (in-person and tele-counseling due to COVID-19 interruptions)
- 96% of students agreed or strongly agreed: "It is important for me to have Counseling Services located on campus."
- 98% of students said: "Having access to health care through Student Health Services had a positive impact."
- 85%+ of students stated that they have made improvement on the specific issue they came to counseling for.

Continued access to health services for our students through COVID-19

- COVID-19 testing through Vibrant Health Family Clinic
- Virtual and in-person visits at Vibrant Health
- PCRHS appointments transitioned to telephone, drive-up as appropriate with birth control, safer sex supplies provided via mail or curbside pick-up.

Student Health and Counseling Services

Student Health Services
student.health.services@uwrf.edu
254 Rodli Hall
715-425-3884

Counseling Services
counseling.services@uwrf.edu

9%+ of the student population used Counseling Services
Student Comments

Counseling Services

- "Being able to talk through what is going on and figure out where it might be coming from."
- "Tele-counseling helped my mental health so I could stay in school during the pandemic."

Vibrant Health Family Clinic
(Latest data available 2018-2019)

- "Super helpful."
- "Awesome doc and great staff."
- "Caring provider."
- "Did a great job."

Pierce County Reproductive Health Services (PCRHS)

- "I felt safe."
- "The workers and nurse were so personable."
- "Friendliness and openness."
- "Supportive and nonjudgmental staff."

Top Reasons Students Visit Counseling Services

75% – Anxiety/Fears/Worries (other than academics)

71% Stress/Stress Management

69% – Depression/Sadness/Mood Swings

45% – Low Self-Esteem/Confidence

40% – Procrastination/Motivation