

COUNSELING SERVICES

Counseling Services provides short-term individual therapy, group therapy and workshops, and psychiatry services to help you process difficulties, develop coping skills, and make healthy decisions. There is no charge to students for individual, group, or emergency counseling services. A \$25 fee is charged for psychiatry services.

To schedule an appointment:
Call 440-826-2180 or stop in the Health Center.

The BW counselor-on-call can be reached 24/7
by calling 440-260-4399.



VIRTUAL MENTAL HEALTH RESOURCES

BW also partners with national providers of telemedicine behavioral health services. Students have access to these services free of charge:



TAD (online self-help therapy resource) is available to BW students 24/7. Students can sign up through the BW Counseling Services website.



TimelyCare is a free 24/7 telehealth mental health support service. Download the app or go to [timelycare.com](https://www.timelycare.com) and register with your student email address.

HEALTH SERVICES

in partnership with  **Southwest General**
Pursuing with University Hospitals

From illness and injury to referrals, physicals and immunizations to annual exams, Health Services has you covered. Health Services is operated on campus by Southwest General Medical Center, which has received accolades for its quality care and range of services. For an appointment, drop in or call 440-826-2178.

Bring your ID and insurance card. Information about accepted insurance plans and payment options can be found at <https://www.swgeneral.com/financial-tools/pay-my-bill/>



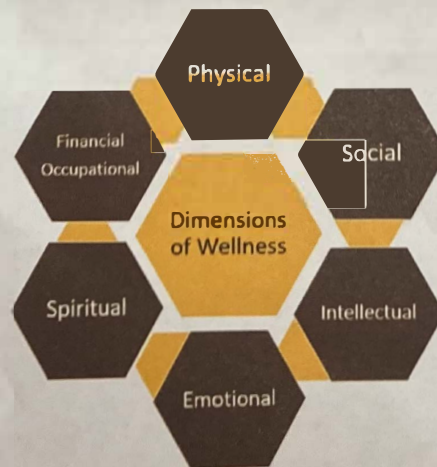
STUDENT RESOURCE CENTER

The Student Resource Center supports BW students who face basic needs barriers (for example, food insecurity) that impact their educational success. We connect students to local resources and campus services. Some SRC programs include the Swipe Out Hunger program, Student Emergency Grant, Campus Cupboard, and Campus Plate app. To connect with available free resources, scan the QR code below.



DIMENSIONS OF WELLNESS

At BW, we understand that how you feel connects directly to your success. BW offers students resources to create a healthy college experience, paving the way to a healthy life. We offer wellness education and tools that connect to the six dimensions of wellness: Intellectual, Physical, Mental/Emotional, Financial/Occupational, Spiritual, and Social wellness. Find information about some of the many resources that support your wellness here.



CAMPUS RECREATION



Campus Recreation has something for everyone! The facilities at Lou Higgins Recreation Center, including the workout facilities, weight rooms, pool, and racquetball courts are available for use by all students. Exercise on your own, work with a personal trainer, participate in a group fitness class, or compete with a club team or in one of BW's 40 intramural sports.

INTERPERSONAL VIOLENCE PREVENTION, REPORTING, & RESOURCES

BW is committed to a safe campus free from discrimination, harassment, and violence, and takes every allegation of misconduct seriously. If you have experienced sexual misconduct: confidential and non-confidential resources, supportive measures, and resolution options are available to you. For more information, including about reporting, scan the QR code below.



OUTDOOR ADVENTURE

BW's Outdoor Adventure Program offers opportunities to experience the outdoors in a myriad of ways while fostering an appreciation and respect for the outdoors. BW's outdoor adventure club organizes trips and activities as well as lends equipment such as bicycles and camping gear so you can enjoy the great outdoors. Students can participate in adventures near and far themed around white-water rafting, ice climbing, rock climbing, zipline and treetops courses, kayaking, mountain biking, hiking, skiing, paddleboarding, and fishing.

