



## **The Wellness Center**

P: (413)528-7353

email: [wellnesscenter@simons-rock.edu](mailto:wellnesscenter@simons-rock.edu)

The Wellness Center is open Monday thru Friday 9:00 AM- 5:00 PM during the academic year while classes are in session. Evenings and weekends please contact Campus Safety at (413)528-7291.

### **HEALTH SERVICES OVERVIEW**

Our Health Services staff includes a registered nurse who have extensive experience working with adolescents. We are available to discuss concerns, no matter how minor, and will assist you in caring for your health:

- We treat infections and injuries, as well as exacerbations of more chronic problems.
- We counsel students with concerns about sleep, diet, and stress.
- We can prescribe birth control, as well as smoking cessation assistance.
- We complete basic lab tests on the premises, while other necessary lab work can be drawn here and sent out.
- We work closely with our counseling staff for students with mental health issues affecting their physical health.

#### ***How do I access Health Services?***

- Please check-in at the front desk of the Wellness Center, email us at [wellnesscenter@simons-rock.edu](mailto:wellnesscenter@simons-rock.edu) or call us at **413-528-7353** to schedule an appointment.
- If you are faced with an urgent/crisis situation, please contact a Community Director or Campus Safety (413-528-7291 or hit "0" on a campus phone). You will be advised of next steps and connected to the appropriate resource.

#### ***Can my prescription medications be picked-up at the Wellness Center?***

- The Wellness Center works directly with Lenox Village Integrative Pharmacy in Lenox, MA (413-637-4700), which will deliver prescription medications to the Center Monday through Friday. To arrange the service, please stop by the Wellness Center, email [wellnesscenter@simons-rock.edu](mailto:wellnesscenter@simons-rock.edu) or call **413-528-7353** to schedule an appointment with a staff nurse.

#### **Health Services Staff for 2023-2024:**

Amanda Roux  
Pat LoNano, RN

Front Office Administrator  
Registered Nurse