Dear Students:

As the weather turns a bit cooler and you move past the midpoint of the fall term, I want to take a moment to remind you that at RIT there are many student health related programs and services available to you, please take a minute to learn a bit more about them—you will be glad you did!

**Student Health Center**
The Student Health Center (SHC) is a fully accredited health care program and is the primary health care service on-campus for students. The staff in the Student Health Center consists of physicians, nurse practitioners, physician assistants, registered nurses, and administrative staff. These practitioners coordinate a wide range of care, including clinical assessments, treatment practices, referrals to local specialists, nutritional counseling, and preventive medicine. To make an appointment with one of our providers please call 585-475-2255.

**Student Counseling and Psychological Services (CPS)**
Student Counseling and Psychological Services (CPS) offers short-term individual counseling, referrals for longer-term therapy, student life support groups, medication consultation, and emergency consultation for students. The staff consists of clinical psychologists, a psychiatrist, mental health therapists, and social workers that coordinate a wide range of care, including clinical assessments, treatment options, and educational outreach and support. To make an appointment to speak with someone in CPS please call 585-475-2261.

**Student Wellness Programs**
Student Wellness is a group of programs and services focused on supporting student success through health promotion activities that address emotional, physical, social, career/academic, spiritual, financial, and environmental wellness. To learn more about RIT’s wellness programs and services check out our [website](#).

Most importantly, please remember that your involvement in your own health care is essential. While RIT has a number of services and programs to keep you healthy, you are key to your own health! Please remember to—eat right, get enough sleep, wash your hands, exercise when you can, and find time to have fun! Additionally, let us know if you need help along the way.

Be well!
Sandy

*Please Note:*
*The Rochester Regional Health private family medicine practice that recently opened on campus is not affiliated with student health related programs and services. Students are supported by the Student Health Center, Student Counseling & Psychological Services, and Student Wellness for their physical and mental health care needs.*