

CENTER FOR WELLNESS

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Williston Hall 2nd Floor

(617) 989-4390

The Center for Wellness provides mental health and wellness services to students using a Stepped Care model which may include mental health counseling, referrals to on campus support services, online skills-based modules, crisis intervention, referrals to off campus providers, education and programs related to health promotion, suicide prevention, fitness and general wellbeing.

Counseling Services

The Center for Wellness is staffed by professionally trained and licensed counselors who are available to provide students with a variety of treatment modalities for mental health concerns. Counselors are consulted for many reasons, which may include anxiety, depression, sexual assault/sexual violence, problems in relationships, substance abuse, and adjustment to college life. Students may receive services on a short-term basis. These services may include referrals to other campus resources, online psychoeducational modules, workshops, groups, or a referral to a qualified professional in the community who can better meet their specific or longer-term counseling needs. All services are free and confidential. No mental health information is released to parents, guardians, or non-counseling staff without the student's written authorization unless required by law or in a life-threatening situation.

In addition to counseling appointments, the Center for Wellness offers walk-in hours each day from 11am to 12 noon and 3pm to 4pm for brief meetings with a counselor. The Center provides students with 24/7 access to telephonic emotional support. Center staff also assist with mental health emergencies requiring higher levels of care when necessary. A counselor on-call is available 24/7 via phone to assist with these emergencies.

The Center is located on the second floor of Williston Hall and is open Monday through Friday, 8:30 am to 4:30 pm in person with evening hours provided virtually for student convenience. Appointments may be made in person or by calling (617) 989-4390. Questions may be emailed to Centerforwellness@wit.edu. Telephonic mental health support is available 24/7 through our *BeWellatWIT* program. To access students may call (617) 989-4390 and select option 2 to speak with a counselor at any time.

Students of Concern

Faculty and staff play an integral role in identifying students who may need a referral to the Center for Wellness. If a faculty or staff member has concerns about a student, they are encouraged to contact the Center for Wellness or file a CARE referral. For mental health emergencies faculty and staff should contact Wentworth Campus Police at (617) 989-4444. The Center staff and counselor-on-call work closely with Campus Police in responding to mental health emergencies that may occur.

For more information, please visit our website: Health & Wellness | Wentworth (wit.edu) (<https://wit.edu/student-life/health-wellness/>)

Health Promotion and Education

The Center for Wellness also houses Health Promotion and Education, which supports student success by educating and empowering them to engage in healthy behaviors and decision-making around issues relating to alcohol and other drugs, relationships and sexual health,

sleep, stress, nutrition, and fitness. The office is staffed by a full-time associate director and part-time health educator. Staff members are available to consult with individual students seeking information and advice on a variety of health and wellness topics. Health Promotion and Education can be contacted by phone at (617) 989-4395 or by email at healthpromotion@wit.edu.

Fitness and Wellness Programs

Fitness and Wellness Programs foster and promote a healthy learning environment for students, faculty, and staff by implementing innovative and exciting opportunities that encourage intellectual, physical, social, and spiritual well-being. We strive to provide positive co-curricular activities and experiences designed to enrich lives, develop talents, and offer an arena for discovery and self-exploration. In addition to daily fitness opportunities, experiential well-being programs are offered throughout the year, including both day trips focused on physical activity as well as week-long options for students to engage in physical activity while experiencing new locations.

Recreational Facilities

Fitness facilities include the Schumann Fitness Center located on the ground floor of Beatty Hall, Tansey Weight Room in the Nelson Recreation Center, the Flight Cycle Studio located in Tudbury Hall, and the Studio at 610 located in the 610 residence hall.

Intramural and Club Sports

Wentworth offers students the opportunity to compete in several intramural sports—including basketball, flag football, indoor soccer, dodgeball, softball, volleyball, and whiffle ball—through the Colleges of the Fenway (COF) intramural program. A full listing of intramural and club sports offerings is available on the Colleges of the Fenway website and the Wentworth Student Life.

Wentworth offers club sport opportunities for students seeking to engage in competitive sports while at Wentworth, but at the club vs varsity sport level. Students take ownership of helping to organize their club sport teams with the supervision of the coordinator of club sports.

Students seeking to learn more about club sports offered should contact fitwell@wit.edu.

Vaccine Compliance

The Center for Wellness oversees student vaccine compliance efforts, including vaccinations required by the state of Massachusetts. Students are required to submit these medical records prior to starting classes on campus. Wentworth partners with CastleBranch so students may create individual accounts and have access to their medical vaccination documents at any time. Students with questions about required vaccines can find information at wit.edu/vaccine or may email immunizations@wit.edu.