

## MAIN CAMPUS

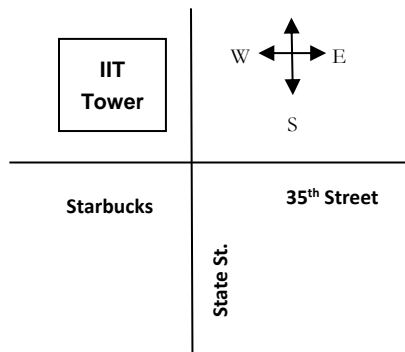
IIT Tower  
10 W 35th St  
3rd Floor, Suite 3D9-1  
Chicago, IL 60616

*Crisis services are available on the Main Campus only.*

## OFFICE HOURS:

Monday - Friday 8:30-5pm

*\*Closed from 2 - 3 p.m. every Tuesday*



## OUR STAFF

### Gary Walley, MS, LCPC.

Director of The Center for Disability Resources  
Interim Associate Vice Provost for Student  
Health and Wellness

### Laura Zamudio

Administrative Associate

### Lalita Turner

Administrative Associate

### Angelica Diaz, MA

Medical Assistant

### Arelis Dominguez, MA

Medical Assistant

### Abiah Grant, APN

Nurse Practitioner

### Kirsten Pelka, APN

Nurse Practitioner

### Valerie Voss, MD

Staff Physician

### Lisa Horne

Intake Counselor and Outreach Coordinator

### Margaret Robling, MD

Consulting Psychiatrist



# Student Health & Wellness Center

Healthcare for  
the Student Mind & Body



## Contact Us!

Phone: 312-567-7550

Fax: 312-567-5702

Email: [student.health@iit.edu](mailto:student.health@iit.edu)

<http://www.iit.edu/shwc/>

## OUR SERVICES

Our services include both physical and mental healthcare needs for IL Tech and VanderCook students.

Our physical health services include treating infections and injuries, monitoring chronic diseases such as diabetes and high blood pressure, gynecological exams, immunization, allergy injections, prescribing medications, lab work, providing health maintenance care for students and routine cholesterol/blood glucose checks. Office visits are free of charge; however, any lab work that is sent to another facility will be billed to the student.

Our mental health services include evaluation, time-limited psychotherapy, group therapy, referrals, and medication management. We assist students with issues such as stress management, depression, anxiety, eating disorders, cultural adjustment, self-esteem, relationship concerns, family issues, anger management, addictions, and more.

Appointments may be made online:  
<https://iitpatientportal.pointnclick.com>

## IMMUNIZATION COMPLIANCE

All on-campus IL Tech students registered for more than half-time status are required to adhere to IL Tech's Immunization Requirement as defined by IL State Law. Immunization records are due by the first week of class. They may be submitted through MedProctor

If you do not complete the immunization requirement, a registration hold will be placed on your account until it has been completed.

Information and instructions are available on our website: <http://www.iit.edu/shwc/>.

## CONFIDENTIALITY

The services we provide are confidential. The confidentiality of our services is protected by our professional ethics and by state laws. We typically do not reveal anything about you to anyone outside of the Student Health and Wellness Center without your written permission. There are rare exceptions to this policy, such as when a therapist believes an individual is at risk for seriously harming themselves or another person. We would never contact your professors, Advisors, parents etc. otherwise or outside of these circumstances.

## INSURANCE

The Student Health & Wellness Center serves as the administrator for the Aetna Student Health Insurance Plan. All students registered for 1 academic credit hour or more are automatically billed and enrolled in the plan. If you would like to waive the Student Health insurance plan, please go to: [www.aetnastudenthealth.com/iit](http://www.aetnastudenthealth.com/iit)

If you would like a list of covered primary care providers or specialists in your area, please go to the "Find a Doctor" feature in Aetna's website: [www.aetnastudenthealth.com/iit](http://www.aetnastudenthealth.com/iit).

To reach Aetna Student Health by phone – 800 - 841-3140.

## Aetna Student Assistance Program (SAP)

[www.aetnasap.com](http://www.aetnasap.com)

877-351-7889

SAP offers valuable resources 24/7. SAP will confidentially offer you resources and helpful information for things such as: Academic stress and pressure, personal relationship issues, substance abuse and other addictions, finances, depression, grief, body image and eating disorders, childcare services, and legal matters.

## EMERGENCIES

**For medical emergencies**, we do our best to see walk-ins. In some cases, we will recommend that you either go to the hospital or go to another nearby walk-in clinic.

IIT Public Safety  
Emergency 312-808-6363  
Non-Emergency 312-808-6300

Mercy Hospital\*  
2525 S Michigan Ave  
312-567-2000

City of Chicago Emergency  
911

24-Hour Nurse Hotline  
800-556-1555

**For psychological crises**, we provide triage counseling meetings. If you feel the need to speak with someone urgently, please call us at 312-567-7550 during our business hours.

**National Suicide Prevention Lifeline**  
800-273-TALK

**Chicago Rape Crisis Hotline**  
888-293-2080

**Hazelden Substance Abuse Recovery**  
800-257-7810

**Crisis Text Line**  
Text "HOME" to 741741