Welcome Students
Clinician Visits
Prescription Refills
Allergy Shots
Birth Control
STI/HIV Testing
Insurance Information
Alcohol & Drug Education
Stress Consultations
Massage Therapy
Nutrition Counseling
Vaccinations and Travel Health
Peer Health Advocate Programs
And Much More!

www.cmu.edu/health-services
https://www.facebook.com/CMUPeerHealth
https://twitter.com/cmu_pha
SCHEDULE APPOINTMENTS:

- Through at www.cmu.edu/health-services
- By phone at 412-268-2157
- In person

SEMESTER HOURS:

- Mon.: 8:30am - 7pm
- Tues.: 8:30am - 7pm
- Wed.: 8:30am - 7pm
- Thurs.: 10am - 7pm
- Fri.: 8:30am - 5pm
- Sat.: 11am - 3pm

LOCATION:

Morewood Gardens
E Tower, 1st Floor
(Entrance faces Forbes Ave.)

Bring your health insurance and Carnegie Mellon ID cards each time you visit.
Health Promotion at University Health Services

Health Promotion is the process of enabling people to increase control over, and to improve their health.

We do this by:

Increasing awareness of health information and resources;
Enhancing motivation to make healthy choices;
Building skills for practicing healthy behaviors;
Contributing to an environment that is conducive to health.

We offer the following services at no cost to students:

- Nutrition Consultations
- Quit Smoking Support
- Alcohol and Other Drug Education
- Stress Consultations

Check out all we offer at:

www.cmu.edu/health-services/health-promotion
The Peer Health Advocates (PHAs) are a diverse group of Carnegie Mellon students trained to educate other students about college health topics in a positive, interactive, and non-judgmental way.

Who are the Peer Health Advocates?

What topics will the PHAs address?

PHA's will address nutrition, alcohol and other substance abuse, stress management, and sexual health.

Check out our menu of programs and find out how to request a program at:

www.cmu.edu/health-services/peer-health-advocates
Ask an RA about scheduling a PHA program for your floor

Some of Our Programs:

Come play our version of alcohol jeopardy and learn how to make better choices around alcohol use. Main topics include: alcohol and gender, when enough is enough, alcohol and sex, binge drinking, and how to help a friend.

“Alcohol Jeopardy”

“Sex: The Ins and Outs”

Despite what you may think, people ARE having sex on our campus! Join us for a game of Condom Bingo to learn the ins and outs of safer sex. Main topics include: sexual decision making, safer sex on a college campus and resources available for students.

“I’m So Stressed Out!”

Main topics may include: time management, learning to say no, prioritizing, stress relief techniques, what is mindfulness and meditation, guided practice, and how this helps in our daily lives and resources on campus.