



The Wellness Playbook: Navigating Health & Counseling Services at College

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Counseling Services**



What is Wellness?



What Is Wellness?

Wellness has a personal meaning for everyone, so it can be defined in many ways. In general, wellness refers to overall well-being. More than the absence of disease or stress, wellness involves having:

- **Purpose in life**
- **Active involvement in satisfying work and play;**
- **Joyful relationships**
- **A healthy body and living environment**

SAMSHA: 8 Dimensions of Wellness



Eight Dimensions of Wellness

Emotional

Environmental

Financial

Intellectual

Social

Physical

Spiritual

Occupational

Stress Management

Stress can be defined as a state of worry or mental tension caused by a difficult situation. Stress is a natural human response that prompts us to address challenges and threats in our lives. Everyone experiences stress to some degree. The way we respond to stress, however, makes a big difference to our overall well-being. (WHO)



Self-care

Self – Care means taking the time to do things that help you live well and improve both your physical health and mental health, self care can help you manage stress, lower your risk of illness, and increase your energy. Even small acts of self-care in your daily life can have a big impact. -NIMH



Small Steps & Routines

Set goals and priorities.

Decide what must get done now and what can wait. Learn to say “no” to new tasks if you start to feel you’re taking on too much.

Try to be mindful of what you have accomplished at the end of the day, not what you have been unable to do.



Healthy Eating and Exercise

- **Get regular exercise. Just 30 minutes of healthy movement every day can help boost your mood and improve your health. Small amounts of exercise add up, so don't be discouraged if you can't do 30 minutes at one time.**
- **Eat healthy, regular meals and stay hydrated. A balanced diet and plenty of water can improve your energy and focus throughout the day. Also, limit caffeinated beverages.**

Sleep and Relaxation

- **Make sleep a priority. Stick to a schedule, and make sure you're getting enough sleep. Blue light from devices and screens can make it harder to fall asleep, so reduce blue light exposure from your phone or computer before bedtime.**
- **Try a relaxing activity. Explore relaxation or wellness programs or apps, which may incorporate meditation, muscle relaxation, or breathing exercises.**



Accessing Support

- **Stay connected. Reach out to friends and family members who can provide emotional support and help**
- **Seek professional support**



Family & Caregiver Tips 1 of 3

- **There's natural stress that comes with adjusting to college**
- **Know the signs that stress is unusually intense and who to reach out to**
- **Support your student in transitioning their mental health care & make a plan**



Family & Caregiver Tips 2 of 3

- **Talk with your student about the importance of taking a larger responsibility for their health over time, including their mental health**
- **Make sure your student knows about their health insurance coverage and how it works**

Family & Caregiver Tips 3 of 3

- **If your student has a mental health condition, discuss the early warning signs that their mental illness is flaring up and stay in touch with you (consider check ins)**
- **Talk about what you each see as the best role for you in their health care & become familiar with resources**

Counseling Services

**Margaret Brent Hall
47550 Mill Field Dr
St Mary's City, MD 20686**

(240) 895 – 2159

Smcm.edu/counseling

Monday – Friday 8:00 am – 5:00 pm

24/7 Helpline 240-895-4200

Counseling Services Staff

Counseling Services is staffed by a team of licensed mental health professionals who assist students in addressing their mental health needs through different modalities & clinical orientations

Counseling Services Sessions

- **Bi-weekly individual sessions are available to support students though the academic semester**
- **Walk-in and urgent appointments are available**



Counseling Services Sessions

- **Psychiatric services are available for those students requiring medication to address mental health concerns**
- **Our psychiatric nurse practitioner (PNP) is available virtually, Tuesdays & Thursdays from 11 am to 3 pm**
- **A student must meet with a therapist at least once a month to receive psychiatric services**

Peer Health Educators

PHEs provide peer to peer counseling walk-in sessions for those students who request it.

These take place during standard walk-in hours

PHEs raise awareness on campus around issues of mental and physical wellness: alcohol & drug safety, suicide prevention, depression & anxiety, and sexual health & safety

Group Therapy

**Counseling groups focus on topics such as:
Adjusting to college, Body image, Toxic
relationships, Mindfulness, Grief, Substance
use, Neurodiversity, Depression, Self-esteem,
stress, and Art Therapy**

Zoom Room & Calm Room

Spaces are available for students who meet virtually with their home providers but lack a confidential space in their residence halls



Case Management

- **Students are seen for a variety of short-term intervention services to include advocacy, support, and referrals to community partners on and off campus. A referral may be submitted if the student is not in an immediate crisis or the reason for referral is not specifically a mental health issue**



Parent & Family Webinar Campus Wellness Resources: Health Services

Presented by:
Deborah Bello, BSN, RNC-OB
Director of Health Services

Health Services

Chance Hall

47665 Margaret Brent Way, St Mary's City, MD 20686

(240) 895 – 4289

Email for general inquiries only: health@smcm.edu

HOURS:

Open Monday-Friday, 8:00 am - 5:00 pm

Closed 12:00 pm - 1:00 pm for lunch

*We are not open when the College is closed for
holidays & breaks



Health Services Staff

The clinic is staffed by a team of licensed health professionals who assist students in addressing their health needs through various treatments and interventions, and programming efforts across the campus community.



MISSION 1 of 2

- Our mission is to deliver individualized medical care while promoting patient advocacy and health education for students. We equip students with the knowledge and skills needed to navigate the healthcare system and make informed, lifelong healthy choices.
- Our work centers on empowering all students to thrive. By prioritizing physical, mental, and social well-being, we support academic success during college and promote a healthier, more fulfilling life beyond



MISSION 2 of 2

- Grounded in a social justice framework, we affirm that everyone deserves equitable access to quality health care. Achieving this requires addressing social determinants of health and advancing health equity.
- Our mission aligns with *Healthy People 2030*, a national initiative led by the U.S. Department of Health and Human Services, which establishes science-based objectives to improve the health and well-being of people across the United States.

SCOPE OF SERVICES 1 of 2

➤ **Clinical Care**

Appointments with NP, RN, and CNA

Sports physicals (limited slots: please complete prior to arrival)

Telehealth Suite & Reproductive Health Suites

➤ **Testing & Labs**

Rapid testing: strep, COVID, flu, pregnancy, mono, hemoglobin, hematocrit, urinalysis, blood glucose

Outside lab testing (LabCorp) **insurance is billed for third-party lab testing or we can LabCorp Good Faith Estimate for self-pay*

SCOPE OF SERVICES 2 of 2

Medications & Supplies

- Over-the-counter medications & first aid supplies

Prescriptions and consultations

Safe medication disposal & needle exchange

Naloxone (Narcan) program

Lions Club eyeglass drop-off

- **Education & Support**

Community referrals and consultations

Specialty clinics & campus health programming

Caring Corner & Free Little Library

Contraception, emergency contraception, and STI counseling



Services Not Provided

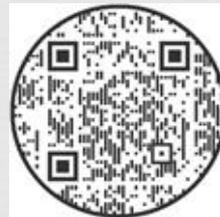
Services not provided:

Allergy shots, house calls, dispensing of daily/routine medications



Maryland Health Connection

Scan the QR code below for more information:



FREQUENTLY ASKED QUESTIONS 1 of 5

How can a student make an appointment?

Call the Wellness Center at 240-895-4289.

How can a student pick up medications if they do not have transportation?

There is a prescription delivery service on campus in partnership with [The Pharmacy at PJ Bean](#).



FREQUENTLY ASKED QUESTIONS

2 of 5

Will a parent/guardian be notified if there is a medical or mental health emergency?

Health Services will notify the contact listed on the student's *Demographic and Consent* form (on file in their medical record) in the event of a life-threatening emergency occurring in our clinic. The student may also choose to do so themselves. Please note that this emergency contact may differ from what is listed in other areas of the College. A separate *Release of Information* form is not required when the student has completed our form.



FREQUENTLY ASKED QUESTIONS

3 of 5

How can a student access care outside of the clinic hours?

Health Services works in partnership with local medical and mental health facilities and crisis lines. Our website provides listings of local providers, facilities, and crisis lines if needed.



FREQUENTLY ASKED QUESTIONS

4 of 5

Can the clinic write notes excusing students for missing class?

Health Services does not issue excuse notes for class absences. During a clinic visit, however, a clinician may provide documentation outlining when it is likely safe for a student to return to in-person learning following an infectious illness or injury. Students may choose to share this information with employers or appropriate offices or instructors. Please refer to the College's attendance policy in **[To The Point: Student Handbook 2025–2026](#)**.



FREQUENTLY ASKED QUESTIONS

5 of 5

Can the clinic make transportation arrangements to medical appointments?

Students should plan ahead by asking a friend or roommate for a ride, utilize Uber or similar taxi services, or can make a request for transportation by emailing studentaffairs@smcm.edu at least two weeks in advance with the date, time, and location of the appointment.

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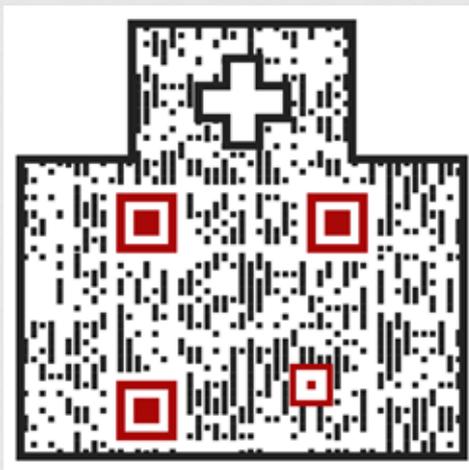
The Pharmacy at PJ Bean

Scan QR Code below for more information on how to have prescriptions transferred and delivered to campus:



HEALTH SERVICES

Scan QR Code below to bring your directly to our website:





Instagram

Scan QR Code below to view
our social media website:



PROGRAMMING & OUTREACH



Future Webinars Dates & Times

- Tuesday, March 10, 7-8 PM
- Tuesday, April 14, 7-8 PM

Zoom Link for 2026 Parent & Family Webinars:

Join Zoom Meeting

[Zoom link for future webinars](#)

Meeting ID: 878 0293 5039

Passcode: 409207



Questions?

Thank you!

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