

Welcome from Student Health and Wellness



May 21, 2026

Dear Class of 2030,

Welcome to the University of Notre Dame!

Those of us in Student Health and Wellness look forward to welcoming you to campus this fall.

As a part of the Division of Student Affairs, we support the University's Catholic, Holy Cross tradition by providing premiere health and wellness services, resources, and education to promote the development of healthy students and to foster campus well-being. The offices that help us to achieve our mission include University Health Services, the University Counseling Center, the Center for Student Support and Care, and the McDonald Center for Student Well-Being. Student Health and Wellness staff members are trained to provide specialized services to complement your formation, and we look forward to accompanying you on the road you will travel during your time at Notre Dame.

Prior to your arrival, please review and/or pursue the following to ensure a smooth start to the academic year. Please also be sure to share this information with your parents, guardians, and loved ones as necessary.

University Health Services

University Health Services (UHS) provides patient-centered, confidential healthcare to meet the needs of all Notre Dame students and to minimize health related interruptions in their academic pursuits.

UHS provides quality medical treatment and care to address the needs of students throughout their time at Notre Dame. Common services include the evaluation and treatment of illnesses and injuries; ongoing treatment for chronic medical conditions; short-term care following surgeries and/or other challenging situations; vaccinations to fulfill University requirements and/or prevent infectious diseases such as the flu; and physical exams and immunizations for students preparing to travel abroad. Conveniently, UHS offers access to radiology and laboratory services, physical therapy, and a pharmacy all

inside Saint Liam Hall. Once on campus, you may access UHS services by calling 574-631-7497 or scheduling an appointment via your [Patient Portal](#).

Student Insurance and Immunizations

Importantly, by Friday, May 15, incoming first-year students would have received two emails from UHS with details regarding immunization requirements and automatic enrollment in the University-sponsored student health insurance plan through UnitedHealthcare Student Resources. As a reminder, if you are a new first-year student and you choose to decline the [student health insurance coverage](#), please submit your waiver application using [this waiver link](#) by **Monday, June 15, 2026**. Additionally, all students should submit required immunization information to UHS through your Patient Portal by **Wednesday, July 15**.

Contact University Health Services:

Saint Liam Hall, First Floor

Web: <https://studenthealth.nd.edu/university-health-services/>

Phone: 574-631-7497

Email: uhs@nd.edu

University Counseling Center

The [University Counseling Center](#) (UCC) provides a safe, confidential, nonjudgmental space where students can explore a wide variety of issues and concerns. Services include crisis intervention, brief consultations, workshops, Drop-In services, group and individual counseling, psychiatric care for medication management, and referrals to off-campus treatment providers.

All UCC services are confidential, free, and available to all degree-seeking students currently enrolled at Notre Dame. Consultations with staff and faculty are also available through the UCC.

If you have a current mental health condition and/or are currently in treatment, you are encouraged to plan ahead for the type of support and care you will need at Notre Dame. The UCC staff is available Monday through Friday from 8:00 a.m. to 4:30 p.m. (EDT) to answer any questions and assist in your transition throughout the summer. If you would prefer to meet with an off-campus provider to continue your care in South Bend, you are also welcome to use the [Thriving Campus](#) referral platform on the UCC website. If possible, please make arrangements for your ongoing care **prior** to arriving on campus as there can be wait times to get started with a new provider.

Attention Varsity Athletes

The University employs Sport Psychologists who are available to meet with varsity student-athletes for mental health concerns and/or performance enhancement services. The Sport Psychology offices are located in the Joyce Center for easy

access. To schedule an appointment with a Sport Psychologist, please email SportPsych@nd.edu or call the UCC directly. Varsity athletes can utilize services through Sport Psychology or the UCC.

Contact the University Counseling Center:

Saint Liam Hall, Third Floor

Web: <https://studenthealth.nd.edu/university-counseling-center/>

Phone: 574-631-7336

Center for Student Support and Care

The [Center for Student Support and Care](#) connects students to support services and additionally, provides equal access and opportunities to those in need of accommodations. The primary goal of the Center is to serve as a bridge between students and the wider University community, ensuring all students have access to resources and necessary accommodations. This work is accomplished through Care and Wellness Consultants, Sara Bea Accessibility Services and the Time Away Initiative.

[Care and Wellness Consultants](#) respond to reports of student concerns, problem-solve behavior issues, and determine next-step interventions. Students often seek assistance from a Care and Wellness Consultant for well-being and academic support, and for assistance navigating University resources. Care and Wellness Consultants are also available to advise students, faculty, staff, friends, and family members on issues surrounding student wellness.

[Sara Bea Accessibility Services](#) works with students with both visible and invisible disabilities to provide reasonable accommodations and ensure every student has equal access to the University's facilities and programs.

If you need testing accommodations, auxiliary aids and services, or would like to talk through other accessibility needs, Sara Bea Accessibility Services can help. In order to be considered for an accommodation, please submit your request and all necessary documentation to Sara Bea Accessibility Services using the forms found [here](#).

Contact the Center for Student Support and Care:

228 Coleman Morse

Web: <https://studenthealth.nd.edu/center-for-student-support-and-care/>

Phone: 574-631-7833

Email Care and Wellness Consultants: care@nd.edu

Email Sara Bea Accessibility Services: sarabeacenter@nd.edu

McDonald Center for Student Well-Being

The [McDonald Center for Student Well-Being](#) enhances student flourishing and embeds holistic well-being into every aspect of student life. Through health promotion, harm reduction, prevention education, and the cultivation of student leaders in well-being, the McDonald Center empowers all students to make healthy choices while inspiring a campus community to create a culture of well-being.

Contact the McDonald Center for Student Well-Being:

204 Saint Liam Hall

Web: <https://studenthealth.nd.edu/mcdonald-center-for-student-well-being/>

Phone: 574-631-7970

Email: mcdonaldcenter@nd.edu

Other Student Health and Wellness Resources

Student Health and Wellness provides Notre Dame students with a variety of [free and relevant resources](#) to support their well-being.

TimelyCare

While you are encouraged to visit UHS and UCC while on campus during business hours, [TimelyCare](#), a third-party telehealth provider, provides 24/7 medical and mental telehealth care to all Notre Dame students across the United States with no cost at the time of your visit. Whether you're feeling sick or overwhelmed, you can talk to a licensed provider from your smartphone or any web-enabled device. Licensed providers are available to diagnose non-emergent medical conditions, prescribe medications, and offer mental health support and wellness coaching via phone or secure video visits. You will have access to TimelyCare once you arrive on campus in August.

Health and Wellness Apps

In addition to the many services provided by these departments, the Student Health and Wellness Unit also offers students free access to the [Calm and Hallow apps](#). You will have access to these apps once you arrive on campus in August.

Wellness Tool

If you are dealing with anxiety, physical illness, substance abuse, depression or sadness, or any other health issues, you are encouraged to find solution-focused resources and treatment options that are right for you. One way to determine what might be best is to use our free [Wellness Tool](#) to receive guidance on where to get help.

In closing, please know all of us in Student Health and Wellness are eager to welcome you home. If you need anything prior to your arrival, please do not hesitate to contact any of our offices listed above.

Please know of our best wishes and prayers for a great semester ahead.

Christine Caron Gebhardt, Ph.D.

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Division of Student Affairs



Welcome Weekend

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