



STUDENT WELLNESS AND RESOURCES

SLIDO

- #6293347
- Passcode: mluajg

COUNSELING SERVICES

- Available for FREE to all students!
 - Family Medicine Center (520 North 4th Street)
 - Walk in appointments every Thursday from 1:00 – 4:30 PM at school
- To schedule an appointment, contact Stephanie Forgas
 - sforgas94@siumed.edu OR (217) 747-0836
- Sessions are confidential and records not stored in an EHR



RESOURCES

- Student Resource Room (aka Food Pantry)
 - Located in the student lounge
 - Open 24/7, suggestions appreciated!
- Wellness Room
 - Located across from tutor room D
- External Assistance
 - Refer to pamphlet (courtesy of Dr. Braundmeier) for details
 - Free farmer's market at Enos Park Neighborhood Garden every Saturday from 10:00 - 11:00 AM
- Emergencies
 - Grocery store gift cards available



QUESTIONNAIRE

Andrew Buchheit

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