Northwestern Chemistry

GRADUATE STUDENT WELLNESS GUIDE
01
Health Resources
- Health Insurance
- Primary & Urgent Care
- Medical Leave of Absence (MLOA)
- Helpful Links & Emails

02
Well-being Resources
- Counseling & Mental Health
- Spiritual & Pastoral Care
- Alcohol & Substance Abuse

03
Additional Support & Resources
- Accessibility & Accommodations
  - AccessibleNU
  - English Language Programs
- Physical
- Intellectual & Vocational
- Multiculturalism, Gender & Sexuality
- Financial & Legal
- Dealing with Conflict
- Office of Student Conduct
Booklets are printed materials with four or more pages, containing details about a business, event, product, promotion, etc. They are also known as catalogs or pamphlets, and are usually created to communicate a message to a wide variety of audiences.

Aside from keeping people informed, beautifully designed booklets can also be brought home as a keepsake. These visually appealing platforms are easy to distribute as well, and can be handed out during expos and other events, making your brand truly memorable.

Just like most print publications, the key to creating an effective booklet lies in curation. Consistency in branding is important for businesses, but good design also applies to personal or event booklets. Make sure you have clear, accurate information on each page.
Health Insurance

Each academic year, in the first quarter in which you have an active registration status at Northwestern, you are asked either to confirm or waive your enrollment in the NU-SHIP. Students who elect to waive NU-SHIP coverage must affirm proof of active coverage under a comparable health insurance plan. Students who confirm NU-SHIP enrollment may also enroll dependents under their coverage during the open enrollment period.

Primary & Urgent Care

To support the health and wellness of our students, Northwestern University provides primary care, outpatient health services on the Evanston and Chicago campuses.

**Evanston Campus Health Services**
Searle Hall
633 Emerson Street
Evanston, IL 60208
Phone: 847-491-8100

**Chicago Campus Health Services**
Northwestern Medicine
Galter Pavilion
675 N. St. Clair Street, Suite 18-200
Phone: 312-695-8134

For details, click on the “Enroll: Dependents” link on Aetna’s site for Northwestern students: www.aetnastudenthealth.com/northwestern

To confirm or waive NU-SHIP enrollment, log in to CAESAR. Additional information: www.northwestern.edu/ses/students/healthinsurance/index.html

Transitioning off NU-SHIP

**NU-SHIP PAMPHLET**
# HEALTH RESOURCES

## Medical Leave of Absence (MLOA)

The purpose of a medical leave of absence (MLOA) is to provide students time away from campus for treatment of a physical or mental health condition that impairs a student’s ability to function safely and successfully as a member of our community.

## Helpful Links & Emails

**Northwestern Medicine Student Health Services**

**Emergency and After-Hours Care**

<table>
<thead>
<tr>
<th>Email</th>
<th>Web Page</th>
</tr>
</thead>
<tbody>
<tr>
<td><code>accessiblenu@northwestern.edu</code></td>
<td>AccessibleNU</td>
</tr>
<tr>
<td><code>care@northwestern.edu</code></td>
<td>Center for Awareness, Response and Education</td>
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<tr>
<td><code>hpaw@northwestern.edu</code></td>
<td>Health Promotion and Wellness</td>
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<tr>
<td><code>student.insurance@northwestern.edu</code></td>
<td>Student Health Insurance</td>
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<tr>
<td><code>hims@northwestern.edu</code></td>
<td>Health Information Management Services</td>
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WELL-BEING RESOURCES

COUNSELING & MENTAL HEALTH

Counseling and Psychological Services (CAPS) serves as the primary mental health care service for students.

CAPS Evanston Office
Searle Hall
633 Emerson Street Second Floor
847-491-2151

Same-Day Appointments
847-491-2151

Online Booking

Community Resources

- National Suicide Prevention Lifeline
  - Dial 988 or web chat
- Crisis Text Line – text HOME to 741741
- Trans Lifeline – support from trans people for trans people
- LGBT National Help Center – support from member of the LGBTQ community
  - (888-843-4564) or online chat
- National Domestic Violence Hotline -domestic or intimate partner violence
  - (1-800-799-SAFE (7233)) or online chat

SPIRITUALITY & RELIGION

Religious and Spiritual Life provides programs, staff, and spaces to help students explore meaning and purpose, grow in their religious or spiritual traditions, practice social justice, and create community.

Find a Community

Need to talk?

On Campus Meditation & Prayer Spaces

ADDITIONAL CAMPUS RESOURCES

BREATHE
Child & Family Resources
Mindful NU
Volunteerism and Community Outreach
Northwestern University and AccessibleNU are committed to providing a supportive environment for all undergraduate, graduate, professional school, and professional studies students with disabilities. We work to provide disabled students a learning environment that affords full participation, equal access, and reasonable accommodation.

**ACCESSIBILITY & ACCOMMODATIONS**

English Language Programs (ELP) provides English language training, orientation, and testing for international graduate students and scholars, helping them improve their ability to communicate in the classroom and beyond.

**ENGLISH LANGUAGE PROGRAMS**

**AccessibleNU: Student Overview**

**AccessibleNU's online application**

**Documentation guidelines**

**Laws Pertaining to Accommodations**

**Contact Information**

Evanston
2122 Sheridan Road, Suite 130
Evanston, IL 60208
Email: accessiblenu@northwestern.edu
Phone: (847) 467-5530

Chicago
7th Floor of Abbott Hall, Suite 727
710 N. Lakeshore Drive
Chicago, Il 60611
Email: accessiblenu@northwestern.edu
Phone: (847) 467-5530
ADDITIONAL SUPPORT & RESOURCES

PHYSICAL
Health Service - Evanston
NU Dining
NU Recreation
Sports Medicine

Women's Center
Gender and Sexuality Resource Center
Multicultural Student Affairs
All Gender Bathrooms & Facilities
Name, Gender & Personal Info
Institute for Sexual and Gender Minority Health (ISGMH)
TGS-Affiliated Student Organizations & Campus Partners

FINANCIAL & LEGAL
Financial Wellness
Dependent Care Professional Development Grant
TGS Emergency Loans
TGS Graduate Student Childcare Grant
TGS Legal Services

Center for Leadership
Civic Engagement
Northwestern Career Advancement
Northwestern Career Guide
TGS Professional Development
Searle Center for Advancing Learning and Teaching
The Graduate Writing Place
Northwestern University – SSRC Dissertation Proposal Development Program

MULTICULTURALISM, GENDER & SEXUALITY

INTELLECTUAL & VOCATIONAL
ADDITIONAL SUPPORT & RESOURCES

DEALING WITH STUDENT - FACULTY/STAFF CONFLICT

Students and graduate faculty are expected to conform to all Northwestern University policies, including those outlined in the student handbook and on the Northwestern University policy index page; TGS policies; and graduate program and/or departmental policies that are published in each graduate program handbook. Students and advisers are encouraged to use the Guidance for Positive Graduate Student and Faculty Adviser Relationships to prevent conflicts that may arise from miscommunication or differences regarding expectations.

OFFICE OF COMMUNITY STANDARDS

The Office of Community Standards fosters individual and community development through thoughtful engagement with Northwestern University’s policies, expectations, and standards. We aim to build trust with our students and community partners by implementing a fair, transparent, and equitable student conduct process that acknowledges individuals’ capacity to learn and grow from challenging experiences. Anyone is welcome to submit an incident report to the OCS describing alleged student or student group misconduct.

Report a Concern

Northwestern University Student Handbook

Chemistry Graduate Student Handbook