Services

For students who pay the Student Services Fee, there is no additional charge or copay for office visits. However, some services such as physicals, x-rays, lab tests, minor surgery, and medications have additional charges. Many insurance plans can be billed for these chargeable services.

Students taking less than 6 credits or night classes only will be charged a one-time fee per semester in addition to chargeable services.

Please bring insurance information to your appointment.

Location

Health Services is located on campus between Lake Superior and Goldfine Hall, next to Heaney Hall.

our address:
615 Niagara Court
Duluth, MN 55812
we’re online at
www.d.umn.edu/hlthserv

Appointments

Open to all students
Medical 218-726-8155
Counseling 218-726-7913

In case of an emergency, please notify the receptionist that the situation is a crisis.

Nurse Care Line 218-726-7870
Billing 218-726-7070
Immunization 218-726-7345

Hours

September—May
8am—4pm Mon, Tues, Wed, Fri
9am—4pm Thurs

Summer Hours:
9am-3pm Weekdays

Emergencies

and after-hour care at local hospitals and urgent care centers

St. Luke’s Hospital
ER 218-249-5616
Urgent Care 218-249-6095

Essentia Health- St. Mary’s Medical Center
ER 218-786-4357
Nurse On-Line 218-786-3110

Ambulance Service 911

Psychological Emergencies
Essentia Health-Miller Dwan Medical Building 218-723-0099
888-826-0099

our Mission:

to provide students the opportunity to develop healthy personal lifestyles, help ensure their retention at UMD, and contribute to the overall excellence of their total educational experience. We will accomplish this mission by providing quality health care, counseling and education that focuses on physical, emotional, social, and intellectual well being, and an effort to be actively involved with all health issues that affect the University and community.
### Medical

The professional medical staff at UMD Health Services provides quality primary health care that is aimed toward young adults and the unique needs of students. Our staff physicians, registered nurses, and nurse practitioners are available on an appointment and urgent care basis. Most health needs can be met on campus or with referral within the Duluth community.

#### Common services:
- Acute illness, injuries
- Physical exams
- Medication needs
- GYN exams
- Contraception
- STI screening/tests
- Laboratory and x-ray
- Sports medicine
- Immunizations
- Allergy/flu shots
- Smoking cessation
- Colds, sore throats
- Wart treatments
- Medical questions
- Nutrition counseling
- Minor surgery

### Counseling

**Free, Caring, Confidential.**

The goal of the Counseling Department is to provide psychological support to help students deal with issues and to maximize personal growth and emotional stability. Health Services believes that psychological health improves academic performance.

#### We often help with:
- Relationship issues
- Depression
- Anxiety/stress
- Self-esteem issues
- Adjustment to college
- Trouble concentrating
- Academic difficulties
- Grief counseling
- Roommate conflicts
- Family issues
- Eating problems
- Sexual abuse issues
- Alcohol problems
- Drug problems
- Sexual assault
- Sexual harassment

### Education

The Health Education staff work to support students through campus and community outreach, policy work and advisement of health-oriented student groups. Our goal is provide information that encourages students to make lifestyle choices and to develop skills that support their wellbeing throughout their college years and beyond.

#### The Peer Health Education Program

**PHE** is a student organization that works to promote a harm reduction approach to substance use and sexual health; to raise awareness of relationship violence and sexual assault; and to increase motivation for bystander intervention. Members of the program plan, implement, and evaluate educational programs.

#### Student Health Advisory Committee

**SHAC** is a committee that acts as a liaison between Health Services and the student body. SHAC members help to prioritize and address issues to meet the needs of students.