Preparing for Health and Wellness at Texas Tech

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we care for the Red Raider student body
...proudly providing compassionate, high quality healthcare

We are the primary care clinic for Texas Tech students, conveniently located on campus in the Student Wellness Center. The clinic is staffed with board certified and licensed physicians, nurse practitioners, physician assistants, clinical psychologists and licensed professional counselors serving a variety of healthcare needs.
Our Services

- Face to face visits
- Telehealth visits
- Primary Care
- Same Day Urgent Care
- Preventative care for Women and Men
- Sports Medicine
- Travel Medicine
- Nurse Clinic

- Behavioral Health
  - Therapy
  - Psychiatry
  - Assessment, referral and education for high-risk substances

- Lab Services (COVID)
- Basic Radiology
- Pharmacy
Cost for Services

With Insurance
- SHS accepts most major insurances
- Co-pays and deductibles covered by the Health and Wellness fees paid each semester
- If a service is not covered or if your insurance is out of network, your care will be considered self-funded
- For AHP, 100% of services received at SHS are covered

Without Insurance
- Self-funded students receive a 60-70% discount
- Charges are applied to a student’s Student Business Services account
- A typical urgent care type visit will cost between $30-50
- Students will be provided with a good faith estimate of anticipated costs prior to the visit

Student Health provides a highly affordable option for non-emergent, primary care
First-time patients are set up on our patient portal:

- Request and View Appointments
- Message their Healthcare Team
- Request Prescription Refills
- View Clinic Notes and Lab Results
Quick Tips

- Add us to your contacts now 806.743.2848
- Understand insurance coverage and have information available
- As much as possible, plan ahead and call early
- Fulfill your commitments. Cancel or reschedule your appointment at least 1 hour prior to appointment time to avoid fees
- When you become a patient, register for the patient portal and download the MY TEAM CARE app
- Provide feedback about your experience after your visit
Student Counseling Center
THE BASICS

Open M-F 8:00am-5:00 pm
All services available to enrolled TTU students
All services are voluntary
Services are covered by Student Service and Health & Wellness Fees
We do not accept insurance
There is no co-pay involved
$25 no-show fee

Therapist will determine what treatment will be most effective and offer referrals if necessary
CONFIDENTIALITY

All SCC contacts with students are confidential in accordance with Texas state law.

SCC employees cannot verify if a student is receiving services.

SCC employees cannot give information about any student without their written permission.
OUR SERVICES
Manage Your Mood
Therapy Assistance Online (TAO)
MindSpa (Biofeedback Training)
Group therapy – various group options
Bibliotherapy
Individual therapy
   Personal concerns
Couples therapy
Consultation with faculty, staff, parents, and students about mental health issues.
Many services available via in-person or online formats.
Safety and Prevention

Information from Risk Intervention and Safety Education (RISE)
Where to find us!

Drane Hall: Suite 247
806.742.2110
rise@ttu.edu
rise.ttu.edu
@tturise
Holistic Well-being

Empowering Texas Tech students to live vital, meaningful lives through comprehensive prevention education.

- Dimensions of Wellness
  - Physical
  - Emotional
  - Educational
  - Social
  - Spiritual
  - Intellectual
  - Environmental
  - Financial
Required online prevention training

- Required for all incoming first year & transfer students
- Instructions and due date will be emailed to each student and posted at rise.ttu.edu
- Educates on alcohol safety, violence prevention, and campus resources
Programs and Services
Workshops and Topic Areas
Crisis Support and Resources

University Support
The Office of the Dean of Students
SUB 201AA | (806) 742-2984

Office for Student Civil Rights and Sexual Misconduct
SUB 232 | 806.742.7233

Student Counseling Center
201 Wellness Center | 806.742.3674

Anytime Resources
Crisis HelpLine
806.742.5555

Texas Tech Police Department
806.742.3931

Office for Student Civil Rights and Sexual Misconduct
titleix.ttu.edu | titleix@ttu.edu
Reporting Incidents and Support Resources

- **Report an Incident and/or Get Support**
  - Online Reporting Form | titleix.ttu.edu | https://www.depts.ttu.edu/dos/report_a_concern.php
  - Title IX Coordinator | Dr. Kimberly Simón | kimberly.simon@ttu.edu | 806.834.1949 | SUB 232
  - Case Manager | Meredith Holden | meredith.holden@ttu.edu | 806.834.5556 | SUB 232
  - CARE Coordinators | titleix@ttu.edu | 806.742.7233

- **Get Confidential Support**
  - Student Counseling
  - Family Therapy Clinic
  - Psychology Clinic
  - Student Health Services

- **Contact Law Enforcement**
  - TTUPD

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**During Business Hours**
- In Person: Admin 115 & SUB 232
- By Phone | Email | Online

**After Business Hours**
- Email | Online

**Mailing Address**
- Texas Tech University
- Box 42055
- Lubbock, TX 79409-2055
Campus safety

- **Blue Light Phones**
  - 102 blue phones placed around campus
  - Direct line to the Texas Tech Police

- **TECHALERT!**
  - Communicates important alerts and emergency response information to students

- **Texas Tech Police Department**
  - Emergency: 911
  - Non-emergency: 806-742-3931
  - 413 Flint Ave. and in the SUB
  - Crime Alerts
  - @TexasTechPD
Raider Ride

• Must use TapRide App
• Free shuttle when the starting or ending point of the trip is on the TTU main campus or satellite lots
• $5 charge when the trip is from any off-campus location to another off-campus location

GUIDELINES

➤ Use the TapRide app to request a ride every day from 6 p.m. to 2:45 a.m.

➤ Request your ride when ready to leave your location.

➤ Avoid canceling rides in an effort to increase or decrease wait time. Canceling a ride increases wait times for others requesting rides.

➤ Failing to show up for your ride results in not being able to request again that night.

➤ Excessive instances of canceling and no-shows result in suspension of use.
Let’s be friends.
rise@ttu.edu
rise.ttu.edu
@tturise
Questions?

Please use the Q&A Feature at the bottom of your screen
Student Health Services
806-743-2868
www.depts.ttu.edu/studenthealth
studenthealthservices@ttuhsc.edu

Risk Intervention & Safety Education (RISE)
806-742-2110
www.rise.ttu.edu
RISE@ttu.edu

Student Counseling Center
806-742-3674
www.depts.ttu.edu/scc/
debra.ashley@ttu.edu

Parent & Family Relations
201Q Student Union Building
806-742-3630
www.parent.ttu.edu