Dear Student,

Welcome to the University of Notre Dame!

The Student Services Unit looks forward to welcoming you to campus in August.

As a part of the Division of Student Affairs, our Unit supports the University’s Catholic, Holy Cross tradition by providing premiere services, resources, and education to promote the healthy development and well-being of all students. Offices that help the Unit to achieve its mission include University Health Services, the University Counseling Center, the Center for Student Support and Care, and the McDonald Center for Student Well-Being.

Staff members within our Unit are trained to provide specialized services to complement your formation here, 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 with your parents, guardians, or loved ones as necessary.

**University Health Services**

First, to protect the health and well-being of all students as well as the campus community, the University requires all incoming students to enter and submit their immunization information to University Health Services (UHS).

All incoming students must have the following:

- Measles, Mumps, Rubella (MMR) series
- Varicella (chicken pox) series
- Hepatitis B series
- Tetanus, diphtheria, pertussis (Tdap) (at or after age 10) or Tetanus, diphtheria (Td) if Tdap was received more than 10 years ago
- Meningitis-ACYW (at or after age 16) Note: Meningitis-B vaccine, while recommended, does not meet this requirement
- In addition, students coming from countries of high tuberculosis (TB) incidence will be tested at UHS
- New this year, students will be required to obtain a flu vaccine but not prior to arrival

You have until **June 30** to submit the above REQUIRED information or a hold will be placed on your account which will prevent you from registering for your SECOND semester.

If you are having trouble finding your immunization records, you can try your pediatrician’s office, high school, or previous undergraduate college/university. If you are missing any vaccines, please have them administered by your health care provider, and then submit the record of those immunizations to UHS by June 30. Immunization records must be signed by a medical professional or come from a previous school/college. If you have any questions about the vaccines or our forms, please visit [uhs.nd.edu](http://uhs.nd.edu) or email immunizations@nd.edu.

Due to the high volume of records we receive, please allow 3 weeks processing time. You can check the status of your records online through your patient portal, using these instructions.
As a Notre Dame student, you will have access to your UHS medical records, appointments, etc. through our patient portal at Online Student Health. You will use this link to enter your immunization history, upload documentation of your immunization history, and complete the online History and Physical form. UHS staff can contact you through the portal via an email to your ND email account with a link to a secure message.

Students are also eligible to purchase the student health insurance plan through aetnastudenthealth.com. If you are an international student, or a degree-seeking graduate, professional or law student, you will be automatically enrolled into the plan and you will receive separate specific instructions in mid-July.

If you are a domestic undergraduate or a non-degree-seeking graduate student, you will also receive a separate email in mid-July to determine the sufficiency of your insurance plan. Please follow the link in that email to provide additional information.

If you have any questions pertaining to the insurance plan including premiums, please visit uhs.nd.edu or email insurancequestions@nd.edu.

Patient Portal Tutorial
Frequently Asked Questions

Contact University Health Services:
Saint Liam Hall, First Floor
Web: uhs.nd.edu
Phone: 574-631-7497

University Counseling Center

The University Counseling Center (UCC) offers a broad range of services to all currently enrolled and degree-seeking undergraduate and graduate students. Services include individual and group counseling, 24-hour crisis services, referrals to off-campus resources, and psycho-educational programming. All services are free of charge and confidential.

If you have a current mental health condition and/or are currently in treatment, we encourage you 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 a.m. to 4:30 p.m. (EST) to answer any questions and assist in your transition. 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 resource.

Finally, as you prepare to enter Notre Dame, you may want to consider how you plan to attend to your mental and emotional well-being as a college student. The Jed Foundation (JED), a national non-profit organization dedicated to the protection of emotional health among young adults, offers an online resource, Set to Go, that provides excellent guidance to help you prepare for your emotional health away from home.

Contact the University Counseling Center:
Saint Liam Hall, Third Floor
Center for Student Support and Care

The Center for Student Support and Care is dedicated to providing Notre Dame students with comprehensive, individualized care to ensure academic and social success both in and outside the classroom. Comprised of both the Care and Wellness Consultants and the Sara Bea Center for Student Accessibility Services, the primary goal of the Center is to serve as a resource and advocate for students with complex needs. In this capacity, the Center acts as a bridge between these students and the wider University, connecting them to campus resources and accommodations.

Our Care and Wellness Consultants handle referrals from faculty, staff, students, and parents about their loved ones who are struggling or distressed. Consultants can assist you in helping your Notre Dame friends connect with the resources and services they need to get through a difficult period in their lives.

Sara Bea Accessibility Services ensures every qualifying student has equal access to a Notre Dame education. Whether you need testing accommodations or auxiliary aids and services, or would like to volunteer to take notes for a friend with a disability, Sara Bea Accessibility Services can help. In order to be considered for reasonable accommodations, please register with Sara Bea Accessibility Services by submitting the appropriate documentation. Students may email Sarabeacenter@nd.edu or call 574-631-7157.

Contact the Center for Student Support and Care:
248 Flanner Hall
Web: studentaffairs.nd.edu/supportandcare
Phone: 574-631-7833

McDonald Center for Student Well-Being

The McDonald Center for Student Well-Being (McWell) exists to help students find balance in their everyday lives by offering tools, resources, and activities that support emotional, intellectual, occupational, physical, social, environmental, and spiritual well-being.

Through health promotion and a variety of programming opportunities, McWell embraces the University’s aspiration as a Holy Cross institution to educate the whole person, providing services that reinforce an integrated approach to wellness, empower individual student engagement, and foster a caring and informed campus community.

Contact the McDonald Center for Student Well-Being:
204 Saint Liam Hall
Web: https://mcwell.nd.edu/
Phone: 574-631-7970

In closing, please know all of us in the Student Services Unit are eager to welcome you home. If you need anything prior to your arrival, please do not hesitate to reach out.

With best wishes and prayers for a great year ahead,