

Office of Health Promotion and Wellness

713-525-3513 or wellness@stthom.edu

Health Promotion and Wellness, located in the Jerabeck Activity and Athletic Center, offers outreach programs for students, faculty and staff to raise awareness about health and wellness issues pertaining to the UST community. Health Promotion and Wellness educates the campus and encourages healthy lifestyle choices to obtain an optimum state of well-being.

Programs include topics such as stress relief, fitness, nutrition, men's and women's health issues and alcohol awareness.

Local Health Clinics and Resources:

There are several walk-in clinics available at local pharmacies within walking distance to the UST campus, along with several urgent care facilities within two miles of the UST campus. See the UST webpage for more details or contact the Health Promotion & Wellness Office.

Nurse Health Line: Not feeling well? Not sure what to do? Call us and we'll help you decide. Registered Nurses are available 24 hours/7 days. Call 713.338.7979

- Speak with a nurse when you are uncertain about what to do about a particular health concern.
- Get help with deciding where and when to go for treatment.
- The service is free and available to all Harris County residents, regardless of whether you have insurance or a doctor.
- Bilingual staff or interpreters will assist you.

The Nurse Health Line is funded by the 1115 Medicaid Waiver for the benefit of all Houstonians and is endorsed by the Houston Department of Health and Human Services.