

The School of Medicine is committed to supporting every aspect of your medical school journey, which includes a well-rounded approach to your personal well-being and development. You'll find this support woven into your education and mentoring, along with the following programs and resources.

Wellness Council

The School of Medicine supports a Wellness Council comprised of two elected students from each class. The Council is responsible for organizing wellness events and contributing to the [Wellness Chronicle](#), which is a quarterly publication on medical student wellness.

Counseling and Psychological Services

Omaha Campus:

On the Omaha campus, the Creighton University Center for Health and Counseling is intended to help students in their normal adjustments to medical school life and to the academic rigors of medical school. Specific resources available include individual counseling, educational and psychological testing, special programs in study skills, test taking, career choices, weight control, assertiveness training, relaxation training, and marital and relationship counseling. For additional information about the Student Counseling Services please review their webpage:

<https://studentlife.creighton.edu/wellness/health-and-counseling/student-counseling-services>.

Appointments can be made in person (Mutual of Omaha Center for Health and Counseling, Markoe Hall) or by phone (402-280-2735). Confidential information is not shared with parties outside the Center without express written consent, unless there is clear and imminent danger to the student or society.

The School of Medicine recommends that students in need of psychiatric services see a professional that is not involved in the evaluation and/or promotion of our students. Creighton University School of Medicine students may be referred to a consulting psychiatrist at Creighton University Center for Health and Counseling who is not a faculty member, or they may set up an appointment with a psychiatrist at Jones, Sedlacek, Nitcher, McGivern and McKee Psychiatric Services, P.C. who have agreed to see psychiatric referrals from the school. Appointments may be made at the Center for Health and Counseling by telephoning (402) 280-2735 or with Psychiatric Services, P.C. by telephoning (402) 399-9305 and mentioning that you are a Creighton University School of Medicine student. Psychiatric care provided at the Center for Health and Counseling is covered for students with health insurance through Creighton University. Students with outside insurance will be billed accordingly. All psychiatrists and psychologists with the Jones et al. practice are currently on the United Behavioral Health panel, therefore, students with Creighton University student health insurance are eligible to see them.

Phoenix Regional Campus:

Mental health services for students at the Phoenix Regional Campus are available through the Anxiety Resource Center at 4425 N. 24th Street, Suite 250, in Phoenix Arizona. Services including assessment and individual counseling may be arranged by telephoning (602) 604-9440. There is no cost to students for these services.

Additional health and wellness information is also available on the eWellness site in Blueline and at the Student Health Services website:

<https://www.creighton.edu/chc/studenthealthservices/healthwellnesseducation/>.

Chaplain

The School of Medicine chaplain is available to discuss and advise students on spiritual concerns. The chaplain may be contacted at (402) 280-4755 in Omaha and at (602) 989-2246 in Phoenix.

School of Medicine Wellness Center

The School of Medicine Wellness Center is open 24 hours per day, 7 days per week for student use only. It includes a lounge, kitchen, and fitness center. Students are responsible for returning all equipment to its original place and for cleaning up after themselves in the lounge and kitchen areas. Wellness Chairs will be responsible for coordinating weekly cleanings of the area. A wellness center including gym is also located in on the St. Joseph Hospital and Medical Center Phoenix Regional Campus.

Kiewit Physical Fitness Center

The Kiewit Physical Fitness Center is open to all full-time students and contains a complete line of aerobic, circuit and free weight equipment, five multipurpose courts, four racquetball courts, a jogging track, locker rooms, sauna, and whirlpool. The KFC number is (402) 280-2848.