



HEALTH AND COUNSELING CENTER

Wellesley is committed to the holistic success of our students both in and beyond the classroom, and supporting their health and wellness is foundational to achieving this goal. The College empowers students to cultivate lifelong practices of personal well-being through a range of offerings including primary medical, gynecologic, and urgent care as well as confidential counseling sessions and mental health screening.

Nationwide, and on our campus, the demand for health and counseling services is on the rise. Due to an aging facility and the critical importance of integrating services across the spectrum of health care needs, Wellesley has prioritized the construction of a new health and counseling center on campus. The state-of-the-art space will improve access to vital mental and physical health services by grouping them under one roof and will have a positive impact on the holistic well-being of students, now and for generations to come.

Slated to be completed in August 2024, the new center also aligns with the College's commitment to sustainability. This all-electric building, the first of its kind on campus, will be highly energy efficient and built using pre-fabricated, mass-timber construction.

By the **NUMBERS**

11,000

square feet of space
designated for the
health and well-being
of students

20%

increase in the
number of exam
rooms

13

distinct counseling
spaces

25%

increase in
the number of
counseling
hours

100%

of students will
benefit from this new
building



Designed for the Future

Physical fitness combined with intellectual rigor was a radical idea for Wellesley founder Henry Durant in the late 19th century. Today, the notion of a thoughtful, integrated approach to health and wellness carries on this legacy.

The new health and counseling center has been designed with two key goals in mind: improve the ease with which students can access a range of health care services and create a space that reflects and promotes holistic wellness.

The 11,000-square-foot, two-story building will:

- Increase the number of health center exam rooms by 20%.
- Include 13 distinct counseling spaces, allowing the number of available counseling hours to grow by 25%.
- House large, flexible, multipurpose spaces for group counseling, mindfulness training, meditation, meetings, and additional programming.

Centrally located near Science Meadow, the center will be visible and easy to get to from residence halls and academic buildings so that students will feel more comfortable regularly accessing services.



By the NUMBERS

83%

of Wellesley students reported dealing with moderate to high stress compared to a 79% national average.

~500

students per semester participate in workshops focused on topics including self-care strategies, substance use harm reduction, sleep, or stress management.