

Lakeland Wellness Center

Counseling services

Lakeland Wellness Center

Brotz Hall LL21

Hours

Monday8 a.m. to 5 p.m.

Tuesday8 a.m. to 5 p.m.

Wednesday8 a.m. to 5 p.m.

Thursday8 a.m. to 5 p.m.

Friday8 a.m. to 5 p.m.

Open year round, closed holidays

Appointments



(920) 565-1034



counselingcenter@lakeland.edu
or email the counselor directly

Providers

Alex Liosatos, MA, LPC

Liosatosa@lakeland.edu

Counselor and Director

Christine Jenkins, MA, LPC

Jenkinsca@lakeland.edu

Counselor

The Lakeland Wellness Center is available to all Lakeland University enrolled students.

Cost

- Counseling services are free

Counseling Services

Short-term counseling and referrals related to mental health, personal or social concerns, including:

- Academic matters, such as
 - Procrastination
 - Study habits
 - Test anxiety
 - Time management
- Adjustment issues
- Anxiety
- Consultation for concerns about others
- Cultural concerns
- Depression
- Eating disorders
- Family concerns
- Grief and loss
- Harmful behaviors toward others
- Inclusive counseling for LGBTQ+
- Relationship concerns
- Self-harm behaviors
- Stress
- Suicidal ideation
- Other mental health concerns

Alcohol and other substance abuse services

- Assessment
- Referral
- Short-term counseling

Crisis intervention

Skills workshops

Group counseling

Support services for

- Victims of sexual violence
- Victims of domestic violence



Lakeland Wellness Center

Health clinic in partnership with Prevea Health

Lakeland Wellness Center

Broetz Hall LL21

Clinic hours

Monday8 a.m. to 5 p.m.
Tuesday8 a.m. to 5 p.m.
Wednesday.....8 a.m. to 5 p.m.
Thursday8 a.m. to 5 p.m.
Friday8 a.m. to 5 p.m.

Provider hours

Monday9 a.m. to 12 p.m.,
1 to 3 p.m.
Wednesday.....9 a.m. to 12 p.m.,
1 to 3 p.m.
Friday8 a.m. to 1 p.m.

Appointments

Schedule appointments online at lakeland.edu/wellness-center or call (920) 565-1034

In the event of an EMERGENCY, call 911.

Providers



**Stacie Schad, APNP,
FNP-BC**
Family Medicine
Nurse Practitioner



Sheila Simons, CMA
Medical Assistant

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Cost

- Medical services and wellness exams are free
- Prevea Virtual Care for \$35
- Prevea Urgent Care for \$85
- If labs/screenings/testing, immunizations, medications or pathology services are required, you will be billed directly to your medical plan or pay at time of service with credit/debit/HSA card, cash or check.

Health Services

FREE medical evaluation of:

- Cough
- Ear pain
- Eye redness/drainage
- Fatigue
- Genital discharge
- Minor injuries
- Rashes
- Sinus problems
- Skin infections
- Sore throat
- Urinary symptoms

Wellness services

- Physical exams, free
- Women's health exams, free
- Screening of sexually transmitted infections (STI)
- TB screening and testing

Medications

- Antibiotics
- Depo-Provera®
- Oral contraceptives

Lab services, such as, but not limited to:

- Chlamydia and gonorrhea
- HIV
- Phlebotomy
- Rapid mono
- Rapid strep
- Urinalysis
- Urine pregnancy

Procedures, such as, but not limited to:

- Ear irrigation
- Simple laceration repair
- Suture removal
- Wart treatment

Immunizations

Other services available:

- Available for supportive evaluation and management of various chronic conditions in conjunction with your primary care provider.
- MyPrevea, free
- Prevea Care After Hours, free
- Prevea Virtual Care, \$35
- Prevea Urgent Care, \$85
(at Prevea Health Centers only)

