

Be Well  
Do Well

## Student Wellness

The SHSU Student Wellness office is the component of the Student Health Center that proactively educates the SHSU community about health and well-being. At Student Wellness, we strive to ensure that student wellness does not get in the way of academic success. Furthermore, we believe that you need to "Be Well" in order to "Do Well" during your college years and beyond.

[About Us](#)

[Peer Health Ambassadors  
\(PHA\)](#)

[Events Calendar](#)

## Health and Wellness Resources

## TimelyCare

## Student Health Center

Follow our social media pages to stay up-to-date with our programs and events!



### HOURS

Student Wellness Office

Monday - Friday

8am-5pm

### CONTACT INFORMATION

#### Physical Address

Sam Houston State University  
Recreational Sports Center  
801 Bowers Blvd, Suite 115  
Huntsville, TX 77340

#### Mailing Address

Sam Houston State University  
Student Wellness  
Box 2091  
Huntsville, Texas 77341

(936) 294-2653 | [studentwellness@shsu.edu](mailto:studentwellness@shsu.edu)

### USEFUL LINKS

[Student Health Center](#)

[Counseling Center](#)

[Services for Students with Disabilities](#)

[Campus Recreation](#)

[Title IX](#)

[Dean of Students](#)



Huntsville, Texas 77341  
936.294.1111 | (866) BEARKAT

### Contacts

University Contacts  
Personnel & Department Search  
Contact the Web Editor  
Office of the President  
Administration  
Faculty & Staff  
State of Texas  
Employment  
Mental Health Counseling

### More SHSU

Accreditations  
Policies  
Web Privacy and Site Link Statement  
Web Site Accessibility  
Open Records  
KatSafe - Emergency Management  
Texas Homeland Security  
Texas Veterans Portal  
TRAIL

### Fraud Reporting Hotline

Title IX (Sexual Misconduct)  
Annual Security & Fire Report (Clery Act)  
State Auditor's Office Hotline  
Online Institutional Resumes  
Governor's Committee on People with Disabilities  
Where the Money Goes  
Texas CREWS  
Public Access to Course Information  
CARES