

Health and Wellness Resources from McCosh

McCosh Health Center is the center of Princeton's University Health Services. In addition to general healthcare services, McCosh offers free counseling, mind-body programs, and more through its Counseling and Psychological Services (CPS) and Health Promotion and Prevention Services (HPPS) programs.

- McCosh Health Center is found at Washington Road, Princeton, NJ 08544, next to Frist Campus Center.
- McCosh general business hours are Monday-Friday, 8am-4:45pm.
- To make a phone appointment, call 609-258-3141.
- To make an appointment online, visit [this website](#).

McCosh has several online resources for certain health and wellness topics, including Emotional/Mental Health, Exercise & Fitness, Stress, and more.

- To see online resources, visit [this website](#).

University Health Services' Media Central page includes meditation, exercise, stress relief, and other video/audio guides.

- To visit UHS' Media Central, visit [this website](#).

To begin counseling sessions with CPS, you must first make an appointment for an initial consultation by phone or online through McCosh. Additional sessions may be offered following the initial consultation. For urgent counseling services, walk-in CPS counselors are available during CPS business hours.

- CPS business hours are Mon/Wed at 8:45am-6:45pm and Tue/Thur/Fri at 8:45am-4:45pm.

McCosh also offers TigerWell, an initiative for promoting wellness across campus.

- To learn more about TigerWell, visit [this website](#).

McCosh regularly updates a calendar of Health and Well-being events, including counseling drop-in hours, meditation sessions, and more.

- McCosh's calendar is available at [this website](#).

Other Health and Wellness Resources

Students, Faculty, and Staff have free or discounted access to Princeton Campus Rec and its facilities. Campus Rec services include group fitness classes, health screenings, and more.

- To learn more about Campus Rec, visit [this website](#).