**STUDENT HEALTH & COUNSELING (SHC)**

**Student Health and Counseling (SHC)**

Conveniently located, SHC is inside the Memorial Student Affairs Building (MSAB) in the middle of UNK’s campus. The four offices under SHC are Student Health, Counseling, the Women’s Center and Health Promotion office.

Eligibility for Student Health & Counseling Services: Services are available for students who have paid the semester Student Health and Counseling fee. Students are required to present a photo ID to access the services of Student Health & Counseling.

**Location:** Memorial Student Affairs Building  
**Website:** [www.unk.edu/offices/counseling_healthcare/index.php](https://www.unk.edu/offices/counseling_healthcare/index.php)

**Student Health**

Phone: 865-8218  
Walk-In Hours:

<table>
<thead>
<tr>
<th>Days of Week</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday, Tuesday, Friday</td>
<td>8:30-4:00</td>
</tr>
<tr>
<td>Wednesday</td>
<td>9:00-4:00</td>
</tr>
<tr>
<td>Thursday</td>
<td>8:30-4:00</td>
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</tbody>
</table>

Student Health is an on-campus medical clinic. Fully licensed and qualified medical and nursing professionals are available to provide primary health care services for UNK students.

Student Health Services: Registered nurses assess all students and schedule appointments with a nurse practitioner as needed. Each semester’s SHC fee covers office visits with all health care clinic providers as well as treatments and health education. Additional services are available at nominal fees and include:

- Medication and prescriptions
- Laboratory testing
- Vaccinations
- Allergy injections
- Minor office medical procedures
- Crutches
- Burn and wound care
- Gynecological exams and testing
- Sexually transmitted infections screening

UNK requires that all students born after 1956 must provide the month, day, and year of two MMR (mumps, measles [rubella], and rubella) vaccinations. Students may also prove immunity by presenting a rubella and mumps antibody titer test result or documentation of physician-diagnosed rubella and mumps disease. **Students must be in compliance with these requirements or they will not be permitted to register for classes.**

UNK’s SHC strongly recommends that all students living on campus be vaccinated for bacterial meningitis and influenza. Legislation has passed in the Nebraska Unicameral which requires the University of Nebraska System to provide parents and students with information about the meningitis vaccine.

It is federally required that international students and students determined to be at high risk receive tuberculosis testing at Student Health upon arrival.

**Health Insurance:** The University offers a student health insurance plan that is available for students who are enrolled in six or more credit hours in a degree-seeking program. Graduate students are eligible if registered for at least one credit hour in a degree-seeking program. For information, go online: uhcsr.com (http://uhcsr.com/) or contact UNK Student Health at 308-865-8218. To enroll in the plan, go to uhcsr.com (http://uhcsr.com/) and enter Kearney for the school name.

International students are required to purchase health insurance while studying in the U.S. To ensure that all international students have adequate coverage while in the U.S., students are required to purchase the UNK Student Health Insurance Plan. Please refer to this website for more information for international student insurance coverage: https://www.unk.edu/international/international-student-services/medical-insurance.php

**Counseling**

Phone: 865-8248  
Emergency Crisis Phone (after business hours): 308-865-8248  
Hours: Monday - Friday 8:00 a.m. to 5:00 p.m.  
Location: Memorial Student Affairs Building, South Hallway, Room 144  
Website: [https://www.unk.edu/offices/counseling_healthcare/counseling_care/index.php](https://www.unk.edu/offices/counseling_healthcare/counseling_care/index.php)

UNK Counseling provides professional mental health counseling by licensed mental health practitioners and graduate interns, intended to empower students in making healthy life choices for personal growth and academic success. The American Counseling Association Code of Ethics and Standards of Practice serve as the guide in its provision of services. Strict confidentiality is a core principle. Services include individual mental health counseling sessions, couples counseling, group counseling, substance abuse assessments and outpatient counseling, and referrals to community resources as appropriate.

**Women’s Center**

Phone: 865-8279  
After-Hours Crisis Phone: 865-8248  
Location: Memorial Student Affairs Building, South Hallway, Room 158  
Website: [http://www.unk.edu/offices/counseling_healthcare/womens_center/index.php](http://www.unk.edu/offices/counseling_healthcare/womens_center/index.php)

The mission of UNK’s Women’s Center is to advocate, educate, empower, and provide a safe environment for students. The Women’s Center provides: campus and community-wide programming and education on gender equality, access to resources, a safe place to voice concerns/questions/ideas, counseling by a licensed mental health counselor, referrals to community and campus resources, and a central, confidential point of contact for victims of sexual assault, stalking, dating violence, or domestic abuse.

**Health Promotion office**

Phone: 865-8092  
Location: Memorial Student Affairs Building, South Hallway, Room 130
The Health Promotion Office is dedicated to providing engaging and educational programming on various health topics. We are committed to ensuring that students gain the necessary skills and knowledge to make safe and positive health decisions in the future. This office advises the Peer Health Educators, an official UNK student organization, this group is comprised of motivated students passionate about promoting wellness on campus.