

STUDENT HEALTH AND COUNSELING

Student Health and Counseling include: Student Health, Counseling, Health Education, and the Women's Center. Student Health and Counseling (SHC) is located in the Memorial Student Affairs Building (MSAB). SHC provides counseling and medical care to students. Medical and mental health records are confidential and we conform to laws and policies regarding your personal information. Information from records will not be given without written authorization from the student.

Services at SHC are available for all students who have paid the semester Student Health & Counseling fee. Students enrolled in seven or more on-campus credit hours per semester automatically pay the SHC fee. Students enrolled in less than seven credit hours can "opt-in" by paying the SHC fee. Students are required to present a photo ID to access the services of SHC.

Counseling

Phone: (308) 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: www.unk.edu/offices/counseling_healthcare (http://www.unk.edu/offices/counseling_healthcare)

Counseling is a counseling center that offers personal counseling to UNK students. Students are given an opportunity to discuss thoughts, feelings, and concerns with professional, licensed counselors in a non-threatening environment.

The college experience is exciting, yet sometimes stressful. Personal counseling is a chance to talk about what is on your mind with an objective, professional person within a caring and safe environment. Counseling may involve exploring: relationship issues, stress, academic pressures, homesickness, depression, eating disorders, drug/alcohol abuse, anxiety, grief, sexuality issues (choices, pregnancy, and assault), addictions, and more.

UNK offers the StudentBlue health insurance through United Health Care Student Resources (UHCSR). Charges for services in Counseling are covered at 100% for students enrolled in the UHCSR plan. Crisis Care: Emergency 24-hour on-call counselors are available - call (308) 865-8248. If no answer, dial UNK Police at (308) 865-8911.

Student Health

Phone: (308) 865-8218

Walk-In Hours:

Days of Week	Hours
Monday, Tuesday, Thursday and Friday	8:15 a.m. - 4:30 p.m.
Wednesday	9:00 a.m. - 4:30 p.m.

Location: Memorial Student Affairs Building, Northwest Entrance, Room 184
 Website: www.unk.edu/offices/counseling_healthcare (http://www.unk.edu/offices/counseling_healthcare)

Student Health is an on-campus medical clinic for students. Students paying the SHC fee are not charged for office visits in the Student Health clinic. Other services include laboratory testing, allergy injections, vaccinations, burn and wound care, gynecological exams and testing, contraception counseling, health education and more (additional fees may apply).

All UNK students are encouraged to have health and accident insurance coverage. International students are required to have health insurance and will be charged for the cost of the student health insurance plan through UNK unless they opt to waive out of coverage by exhibiting proof of current, acceptable insurance coverage. UNK offers a student health insurance plan through United Health Care Student Resources (UHCSR). The additional charges in Student Health will be covered at 100% for those students enrolled in the UHCSR plan visit: www.uhcsr.com

For New Students:

Pre-Enrollment Health Requirement Form: All new students, including transfer and graduate students, are required to complete this form online. Students under 19 need to have a parent's signature.

UNK requires that all students born after 1956 must provide the dates of two MMR (mumps, measles [rubeola], and rubella) vaccinations. Students must be in compliance with these requirements, or they will not be permitted to register for classes. Student Health strongly recommends that all students living on campus be vaccinated for bacterial meningitis and influenza.

It is required that all students determined to be at high risk receive tuberculosis testing at UNK Student Health upon arrival.

Women's Center

Phone: (308) 865-8279
 Location: Memorial Student Affairs Building, South Hallway, Room 158
 Website: www.unk.edu/offices/counseling_healthcare/womens_center/index.php (http://www.unk.edu/offices/counseling_healthcare/womens_center)

The mission of the Women's Center is to foster a campus community in which women and men can collaborate in a mutually respectful environment. The Women's Center offers personal confidential counseling by a licensed professional counselor for issues involving sexual assault, dating violence, stalking, healthy relationships, and body image. The Center also offers campus-wide safety prevention education addressing sexual assault, dating violence, and stalking. The Center provides a safe space for students to meet, study and access resources designed to empower full and healthy lives. Please contact the Women's Center for volunteer opportunities.

Health Education

Phone: (308) 865-8092
 Location: Memorial Student Affairs Building, South Hallway, Room 130
 Website: healthedu4unk.org/ (<http://healthedu4unk.org/>)

The Health Education Office oversees Peer Health Education (PHE), which is a student organization dedicated to creating a healthier student body at UNK through programming and educational presentations. Its four core areas of focus are alcohol education, healthy living, and mental health promotion. PHE is focused on the enhancement of a healthy decision-making campus by engaging, educating and empowering

individual students to make wise choices concerning their overall well-being. Make a difference. Get involved!

For additional information on our alcohol education program, visit [www.healthedu4unk.org](http://healthedu4unk.org) (<http://healthedu4unk.org>).