

STUDENT HEALTH AND COUNSELING

Student Health and Counseling include Student Health, Counseling and Health Promotion. Student Health and Counseling (SHC) is located in the Memorial Student Affairs Building (MSAB). SHC provides counseling and medical care to students.

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/)

UNK 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 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).

Insurance information. The University offers health insurance to students 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. 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. The student health insurance plan is through United Health Care Student Resources (UHCSR). Any 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.

Health Promotion office

Phone: (308) 865-8092

Location: Memorial Student Affairs Building, South Hallway, Room 130

Website: http://www.unk.edu/offices/counseling_healthcare/health-promotion/index.php (http://www.unk.edu/offices/counseling_healthcare/health-promotion/)

The Health Promotion 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, visit http://www.unk.edu/offices/counseling_healthcare/health-promotion/index.php (http://www.unk.edu/offices/counseling_healthcare/health-promotion/)