# CONTACT & APPOINTMENT INFORMATION

### **COUNSELING SERVICES**

Hours: Monday-Friday 8:00 am-4:30 pm Appointments are made by visiting Elliot Center 3rd floor or calling 603-358-2437. More info at <a href="https://www.keene.edu/counseling">www.keene.edu/counseling</a>

## **HEALTH SERVICES**

Hours: Monday-Friday 8:00 am-4:30 pm Appointment are made using selfscheduling via the Patient Portal at <a href="https://www.keene.edu/chw">www.keene.edu/chw</a> or by calling 603-358-2450

### WELLNESS PROMOTION

Hours: Monday-Friday 8:00 am-4:30 pm The Wellness Promotion Team can be reached at <a href="www.keene.edu/prevention">www.keene.edu/prevention</a>. or email wellnesspromotion@keene.edu.



Find out about events on campus!

Download The Wellness Center's FREE location based rewards app HOOTIE'S REWARDS on your iPhone or Android.

Earn points and redeem them for prizes by attending and checking into programs and campus-wide events.

# URGENT & AFTER-HOURS RESOURCES

Emotional Health:

24/7 Emergency Counselor 603-358-2436 Free & Confidential for Students

Cheshire Medical Emergency Room\* 590 Court Street, Keene NH 03431 24 hours a day, 7 days a week

Cheshire Medical Center
Walk-In Care\*
149 Emerald Street, Keene, NH 03431
603-354-5484
Mon-Fri 8am-8pm
Sat and Sun 10am-4pm

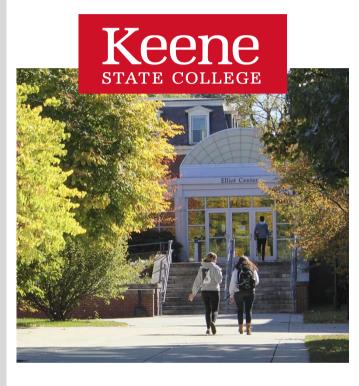
Convenient MD Urgent Care\*
351 Winchester Street, Keene, NH 03431
(603) 352-3406
8am-8pm, 7 days a week

\*Costs incurred for these visits are the student's responsibility.



The Wellness Center
Elliot Center 3rd Floor
603-358-2200

# THE WELLNESS CENTER



HEALTH SERVICES
COUNSELING SERVICES
WELLNESS PROMOTION

ELLIOT CENTER 3RD FLOOR 603-358-2200

## COUNSELING SERVICES

The Wellness Center provides a wide range of emotional health supports for all students. The staff consists of licensed mental health providers and interns from regional/national graduate schools supervised by the licensed staff.

#### Counseling Services include:

- Individual Counseling
- Group Counseling
- Couples Counseling
- Substance Abuse Counseling &
   Substance Misuse Screenings
- Off-Campus Referrals
- Crisis Counseling & After-Hours
   Emergency Hotline
- Consultations to Parents/Families,
   Staff, Faculty, & Students
- Emotional Wellness Workshops

# HEALTH SERVICES

The Wellness Center provides an appointment-based acute care medical clinic for KSC students. The staff is a team of certified and licensed health professionals.

#### Health Services Include:

- Acute Illness/Acute Injury Care
- Sexual and Reproductive Health
   Care
- Transgender Care
- Laboratory Testing
- Immunizations
- Prescription Services
- Mental Health Medication
   Evaluation
- Physician and Psychiatric Provider Consultations

Charges can occur for prescriptions, lab work, treatments, and procedures.

The Wellness Center strictly maintains students' privacy and adheres to all federal confidentiality laws.

A \$25 fee may occur for no show/late cancellations.

# WELLNESS PROMOTION

The Wellness Promotion Team coordinates all outreach, education, and prevention services. Topics include:

- Physical Wellbeing
- Emotional Health
- Substance Use, Misuse and Addiction
- Behavioral Addictions & Disorders
- Sexual Health
- Sexual Violence Prevention

Students, faculty, and staff are invited to request programs and/or consultations on these topics and more. The Wellness Promotion Team is always happy to consider new and creative requests.



All Wellness Center fees are incorporated into the general student fees unless otherwise indicated.