

## **Student Health and Wellness**

### **Counseling Services**

College is a time of transition and growth. In addition to the opportunities for intellectual development, college also provides opportunities for students to learn how to deal effectively with relationships of all kinds, balance work and recreation, manage emotional, physical, and mental stress, improve time management skills, and make positive decisions about how they want to live their lives. The Counseling Services staff is available to assist students in dealing with these matters and more through confidential individual and couples counseling.

Counseling Services is located in the Health and Wellness Center in Pate Hall. The counseling staff is provided through a partnership with Robeson Family Counseling Center, an office of Wake Forest University Baptist Medical Center's CareNet Counseling Centers. All information discussed in counseling is held in confidence to the limits provided by the law. No record of counseling is made on students' academic transcripts.

Operating hours are typically Mondays, Wednesdays, and Thursday, 10 a.m. to 4 p.m. except College holidays and breaks. To schedule a confidential appointment students may call 910-277-5040. If students are in crisis they should contact Counseling Services at 910-277-5040 during normal business hours. For emergencies after hours and on weekends, they should contact the on-call counselor at 910-323-6452, the RD On-call at 910-280-1753, the Campus Safety Duty Officer at 910-280-2895, 911, or go to the emergency room at Scotland Memorial Hospital.

### **Campus Clinic**

St. Andrews provides health and wellness education, routine medical and first aid services, and referral services to students, staff, and faculty through its campus clinic. The Clinic is staffed by a Registered Nurse with many years of experience in college student health. The Clinic is open Monday through Friday 8:00 a.m. to Noon in the Health and Wellness Center in Pate Hall except during College holidays and breaks. Scotland Urgent Care, numerous medical specialists, and the hospital emergency room are within minutes of campus. For urgent medical issues after clinic hours, students may seek help at Scotland Urgent Care at 910-277-8300 (open 8:00 am to 7:30 pm every day of the week) or Scotland Memorial Hospital Emergency Services at 910-291-7000 (open 24 hours a day) or call 911 for an emergency care to come to campus. If 911 is called, students should notify Campus Safety at 910-280-2895 as well.

All degree-seeking students are required to be covered under medical insurance and provide proof of adequate coverage to the Business Office and Campus RN. Information regarding insurance requirements and fees may be found in the "Financial Planning" section of the Academic Catalog. For questions about health services, students should contact the clinic nurse at 910-277-5385.

### **Precautionary Health Care Measures for Travel Abroad**

Three basic premises shape the policy of St. Andrews Presbyterian College concerning the taking of precautionary health care measures for students and faculty engaged in international travel: 1) that students and faculty will encounter situations in international travel which will require them to make advance preparations and take precautionary health care measures; 2) that, in order for those who administer programs to be of the most help to students before, during and after their international travel experiences, students traveling abroad under the auspices of the College's programs must provide information to College officials about their health status; and 3) that those traveling abroad are ultimately responsible for taking their own precautionary health care measures prior to travel and for exercising prudent judgment in reducing risks to personal health and safety while traveling and, as needed, after their return.