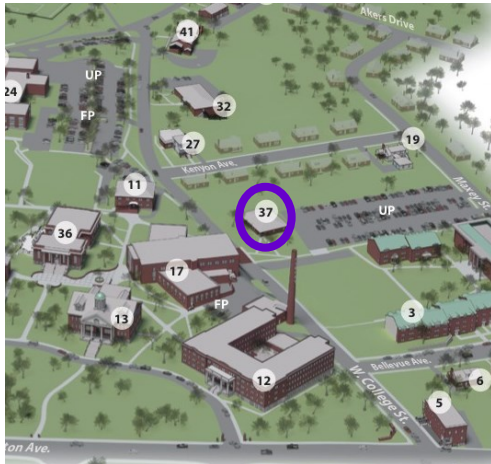


Center for Wholeness and Wellness Location



The Center for Wholeness and Wellness houses Health Services and the Center for Counseling. We are located in the one story brick building behind and across the street from the cafeteria at the corner of Hughes and W. College.

COVID-19 Update

The Center for Wholeness and Wellness will open for student appointments on Monday, August 17, 2020. All of our Center for Wholeness and Wellness services remain fully operational and in alignment with CDC public health guidelines. We will incorporate COVID-19 screening procedures (temperature check and COVID-19 screening) for both Health Services and Center for Counseling office-based appointments. Telehealth will be utilized for some services to limit in office traffic. Hand sanitization will be expected upon entry into the building. A facial mask must be worn upon entry into the building and remain on until in the privacy of an exam or counseling room. In office counseling sessions will be limited to 45 minutes to allow time for proper cleaning/disinfecting. Students may request telehealth counseling services but in situations where this might limit assessment or treatment, students will be asked to come to the office following the above precautions.

For more information, visit us @ <https://www.asbury.edu/about/offices/student-services/wholeness-wellness/>



Asbury University

**Center for
Wholeness and Wellness**

Hope. Health. Healing.



But I will restore you to health and heal your wounds,' declares the LORD." — Jeremiah 30:17a

wellness@asbury.edu

Health Services

Phone: (859) 858-5277

Email: health.services@asbury.edu

FAX: (859) 858-0003

Services*

- FREE doctor and nurse visits
- Treatment of illness and injury
- Laboratory testing
- Allergy shots
- Medications – OTC and prescription
- Physicals and women's exams
- Health and nutrition counseling
- Off-campus referrals

(*There may be a minimal charge for some medications, laboratory tests and physicals.)

COVID-19 Update: Appointments must be scheduled ahead of time by emailing or calling. Students will be screened over the phone for COVID-19 symptoms before an appointment can be scheduled. COVID testing will be referred off campus to local testing sites.

Nurse Clinic Hours

- Monday-Friday, 9 am – 3 pm
- Closed daily from 12-1 pm for lunch

Doctor Hours

- Mondays and Thursdays, 9 am – 2 pm

After Hours – call the Switchboard (859-858-3511 x 0) and ask to speak to the Nurse Triage Line. Residence Halls are equipped with emergency kits.

Confidentiality- We follow federal HIPAA regulations.

Staff

Heidi Sunny, RN, BSN - Director of Health Services

Monica Ray, MD - University Physician

Center for Counseling

Phone: (859) 858-5277

Email: counseling@asbury.edu

FAX: (859) 858-0003

The Center for Counseling offers a wide range of services to currently enrolled undergraduate students. Integrating counseling practice with Christ-centered principles, our staff of licensed counselors, graduate school interns and practicum counselors seek to prepare students for a lifetime of learning, leadership, and service. Most services are free, and all services are confidential.

We are located in the Center for Wholeness and Wellness and are open weekdays from 8:00 a.m. to 5:00 p.m.

Personal Counseling

Typical concerns may include relationships, anxiety, depression, grief, self-esteem, eating, sexuality, perfectionist behaviors, stress management, etc.

Couples Counseling

Dating, engaged and married couples are encouraged to seek consultation at any stage of their relationship. Topics could include communication, personalities, life goals, spirituality, family influence, conflict resolution, etc.

Student Wellness Groups

Support and therapeutic groups are offered each semester to the student body. Past groups have included topics such as anxiety management skills, emotional regulation skills, bereavement, chronic illness support, disordered eating and sexual wholeness.

Conflict Mediation

Our counselors are professionally trained to assist you in resolution, to help you build the skills necessary to resolve conflict and to advocate on your behalf as necessary. Counselors are willing to meet with you individually or jointly depending on your preference.

Crisis Counseling

We will do our best to meet with a student as soon as possible who is in a situation requiring immediate counseling. We also have on-call counselors who can be reached after hours by calling the Switchboard.

If you have a crisis and need to speak to a counselor before you have an appointment, ask to speak to the counselor on call during our regular office hours (M-F 8-5) or after hours by calling the Switchboard (859-858-3511 x 0).

Appointments

COVID-19 Update: In an attempt to minimize in person traffic, we are asking all students interested in counseling services this semester to register through their Asbury Student Portal. Beginning, August 17th, 2020, a link to Counseling Services will be found under the More header under Student Services. Clicking the Counseling Services link will take you to instructions for registration. The registration forms serve as your request for counseling services.

Staff

Kevin Bellew, LPCC-S- Associate Dean of Wholeness and Wellness

Anna Lee Brown, LPCC-S - Licensed Professional Clinical Counselor—Supervisor