

COUNSELING SERVICES

641-7028

HOURS:

**Monday-Friday by appointment
COUNSELING EMERGENCY NUMBER
WHEN HEALTH SERVICES IS NOT OPEN:
(603) 641-7000**

Consistent with the holistic philosophy of Health Services the primary goal of the Counseling Service is to foster the emotional development and well being of the Saint Anselm Student. As a goal-directed and time-limited counseling service, professionals are available to provide individual and group counseling, as well as information, resources, and referrals, pertaining to mental health issues. Some of the issues that professionals help with include adjusting to college, relationship and roommate conflict, family problems, depressions, anxiety, grief, substance, eating disorders, sexual assault, or intimate partner violence. The counseling service also provides outreach and educational programs to students regarding mental health issues.

Students may call ext. 7028 or stop by Health Services to make an appointment with a counselor. Also Residential Life staff, faculty members, and friends are encouraged to refer students whom they believe will benefit from counseling services. These services are available to all full time matriculate students at no additional charge. Information discussed with the counseling staff is confidential and is not a part of the student's academic record. For some students a referral to an outside agency may be appropriate. In such instances, the student is responsible for expenses incurred.

24 hour notice is required for cancellation of appointment or a \$20.00 fee will be incurred.

HEALTH EDUCATION C.H.O.I.C.E.S.

ALCOHOL & OTHER DRUG EDUCATION PROGRAM

This program is designed to create awareness and explore attitudes about alcohol and other drug use. The program begins with a pre-matriculation on-line prevention program. The next level is based on participative learning techniques such as individual sessions, group discussions, experiential exercises and critical thinking. Referrals or questions can be directed to the Health Services Ext. 7028.

B.A.S.I.C.S.—C.A.S.I.C.S.

A personal 2-session motivational interviewing format with a counselor which uses a harm reduction approach with a goal of moving a student in the direction of reducing risky behaviors and harmful effects from drinking or cannabis.

Some of our services and programs include:

- ◆ Anger management/Referral Services
- ◆ Psychological counseling (short term)
- ◆ Eating issues/Nutritional weight management counseling
- ◆ Immunizations (including flu, & allergy injections)
 - ◆ Pregnancy counseling/testing
 - ◆ Diagnostic lab screenings
- ◆ STD/HIV counseling and testing. Pap testing
- ◆ Asthma management/nebulizer treatment
 - ◆ Test Anxiety
 - ◆ Women's Health
 - ◆ Self-Defense
 - ◆ Yoga
- ◆ CPR (First Aid courses)
- ◆ Violence Prevention
- ◆ By-Stander Intervention Training

SAINT ANSELM COLLEGE EMERGENCY MEDICAL SERVICES

the Emergency Medical Services includes volunteer, nationally certified EMTs and licensed in the State of NH, who respond to emergency situations on campus where there is a need for medical attention. Volunteers are students who have received special training and who work in cooperation with Health Services and Security staffs.

Health Services is a member of the AMERICAN COLLEGE HEALTH ASSOCIATION

Licensed as an:

Educational Health Facility by the NH Department of Health & Human Services/Health Facilities Licensing

2019-2020



HEALTH SERVICES

ON CAMPUS

LOCATION:
Roger and Francine Jean
New Student Center Complex

Telephone: (603) 641-7028

Fax: (603) 641-7318

MEDICAL EMERGENCY 911

**AFTER HOURS
Counseling Emergency
Dial: 603-641-7000**



DIRECTOR:

MAURA MARSHALL, APRN, MSN

<https://www.anselm.edu/resources/current-students/health-wellness>



Instagram #saintanselmwellness

Saint Anselm College Health Services



PHILOSOPHY & MISSION STATEMENT

In support of the educational mission of Saint Anselm College the philosophy of College Health Services is based on a holistic view of the individual person. The goal of the College Health Services is to maximize the potential of each individual student physically, emotionally, spiritually, intellectually, occupationally, and socially.

Following the philosophy of holistic health, we strive to encourage each student or accept the responsibility of active participation in attaining/maintaining his/her health.

Utilizing the three dimensions of College health—Medical, Counseling and Education—our mission is to assist the student through lifestyle assessment, health care, counseling, and health teaching to make responsible life choices which impact future health and well-being and lead to an integrative balance of all aspects of the self.

Because of our approach is multidisciplinary, when an issue has both medical and counseling components, our staff members confer with one another to better coordinate student care.

CONFIDENTIALITY

Information shared in a counseling or clinic session is privileged (confidential), is not part of the student's academic record, and will not be disclosed to any party outside of the Health Service without your prior written consent. *Please note: work-study students do not have access to records or any other confidential information. Confidentiality will be broken only if such disclosure is (a) necessary to protect a client or someone else from imminent physical danger; (b) in cases of apparent child or elder abuse; or (c) in those rare instances when records are legally court ordered; (d) in cases where reporting is mandated by New Hampshire State Law.

Such exceptions to a client's rights of privilege are mandated by New Hampshire State laws. In these cases, appropriate officials will be notified and the client will be apprised of this notification.

SERVICES

Medical and Counseling services are available at no additional cost to all full-time matriculating resident students and other matriculating non-residents who have paid the optional health fee.

MEDICAL SERVICES HOURS:
MONDAY-FRIDAY: 8AM-6PM
SATURDAY: NOON-4PM
SUNDAY: CLOSED

NURSE PRACTITIONER—by appointment
PHYSICIAN—by appointment
MONDAY
THURSDAY

Allergy shots given when Physician is on duty.
Walk-ins welcome

To make an appointment please call:
FRONT DESK—641-7028

In case of illness, especially if unable to attend class, students should report to Health Services. A full-time Registered Nurse is available during the above hours when school is in session. A Nurse Practitioner is available by appointment daily. A consulting Physician is available in medical Services two days each week as listed for those students who wish to see him.

ADMISSION REQUIREMENT

Health Services requires completed medical history, physical examination, and updated immunizations of all new students. It is mandatory that the Health Form received by the student at the time of admission, be completed and be on file with the College **before the first day of classes** so that proper treatment may be given to students should the need arise during the academic year.



At other times, students who are in need of medical care beyond the scope of services provided will be assisted to obtain an appointment with the consulting physician in their off campus office or other providers as needed.

Students who wish to make an appointment with any physician in the local community must assume the cost of the regular office call fee.

INSURANCE

Saint Anselm College mandates that **all full-time** and **part-time** students must enroll in the **STUDENT HEALTH INSURANCE PLAN** or **certify** that they have comparable coverage in another plan. Contact the Health Services for more information.

AFTER HOURS MEDICAL EMERGENCY

When Health Services is closed, call 911. You may seek treatment at **Catholic Medical Center Emergency Room, 100 McGregor Street** or **Elliot Hospital Emergency Room, One Elliot Way**. Students are responsible for payment of charges by community providers.

