

JAMES C. WINDSOR CENTER FOR HEALTH AND COUNSELING SERVICES

Dr. Bill Ritchey
Executive Director of Health and Counseling Services
Freeman Center H230
(757) 594-7047

**UNIVERSITY HEALTH AND WELLNESS
 SERVICES**
Freeman Center, H155
(757) 594-7661
uhws@cnu.edu

University Health and Wellness Services (UHWS) is a health-care partnership between CNU and the Riverside Health System. UHWS, through a contractual arrangement with Riverside, offers many services to support healthy living as well as helping students learn to take responsibility for their own wellness. Its main objective supports the CNU liberal learning mission through teaching a diverse student population how to assess their own health status, access medical resources, know their rights and responsibilities as patients, and become informed medical consumers. Professional support services are available to assist all graduate and undergraduate students when they become sick or injured.

Free Clinic Services:

First aid
 Blood pressure monitoring
 Assistance in finding local physicians, dentists, psychologists, psychiatrists and other medical resources can be found on the UHWS Website: studentclinic.cnu.edu.

Clinic Services Requiring a Fee:

All physicals and visits with the Nurse Practitioner (by appointment only)
 Lab Tests
 Immunizations and injections
 Tuberculosis Screens and TB testing
 Flu shots
 Stitch and staple removal
 Allergy Injections
 Wound Care

Free Health and Wellness Education Opportunities:

Educational materials and resources
 Nutrition and fitness counseling
 CNU Quit – a smoking cessation program
 Quit Kits – for people who want to stop their tobacco use
 Health screenings
 Campus outreach programs on various health and wellness topics

THE OFFICE OF COUNSELING SERVICES
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The Office of Counseling Services provides a wide range of free professional services to help students succeed at the University by creating a safe, confidential and supportive environment in which personal development can occur. Counseling services assist students with self-knowledge, facing challenges, confronting short-term personal issues, and through crisis intervention. All of our services contribute to helping students learn new skills, enhance personal success, set and achieve goals and get the very best out of life. Additionally, the office supports CNU faculty, staff, clubs and organizations, parents, and the community through consulting and educational outreach services.

Students are referred to resources outside the University when long-term counseling or other professional support is needed. Students are ultimately responsible for their decisions and actions and must assume responsibility for their personal choices. Using Counseling Services wisely will assist student's adjustment to the University and can help develop skills they will need to meet the various challenges a student may encounter. Listed below are many of the services offered through the Office of Counseling Services.

Counseling Services:

Individual Counseling
 Crisis Intervention
 Relationship Counseling
 Support Groups
 Group Seminars and Workshops
 Referral Services

Consulting Services:

Participation in the Captain's Care System
 Myers-Briggs Type Indicator Presentations
 Faculty/Staff Training

Educational Outreach:

Classroom presentations
 Residence Life presentations
 Programming for clubs and organizations
 Awareness Weeks
 Community talks and workshops