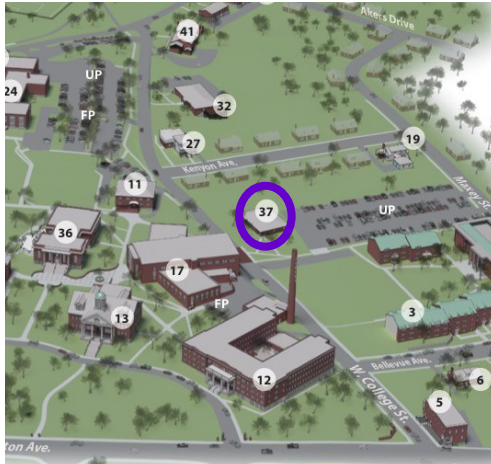


Center for Wholeness and Wellness Location



COVID-19 Update

The Center for Wholeness and Wellness will open for student appointments on Monday, August 16, 2021. 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 for both Health Services and Center for Counseling office-based appointments. Telehealth will be utilized for some services to limit in office traffic. At present, a facial mask must be worn upon entry into the building and remain on until in the privacy of an exam or counseling room. 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.

The Center for Wholeness and Wellness houses Health Services, the Center for Counseling, and AU Health and Fitness. 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.

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.)

Nurse Clinic Hours

- Monday-Friday, 9 am – 3 pm

Doctor Hours

- Mondays and Thursdays, 9 am – 3 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

University Physician

Heidi Sunny, RN, BSN - Director of Health Services

Maria Darby, RN, BSN– Nurse

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. Groups include topics such as anxiety management skills, emotional regulation skills, bereavement, chronic illness support, disordered eating and sexual wholeness. Additional student wellness groups may be added as student interest is expressed.

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. Access for crisis counseling can be obtained by calling or walking into our office

Appointments

Counseling services are requested in person at the Center for Wholeness and Wellness or online through your Asbury student portal beginning the first day of classes. For online registration, log into your student portal, click the link to [Counseling Services](#) found under the [More](#) header under [Student Services](#). Clicking the Counseling Services link will take you to instructions for registration. Please allow 20-30 minutes to complete the registration paperwork.. Once completed, our office staff will reach out to you (usually within a couple of days) with the date and time of your intake appointment.

Staff

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

Anna Lee Brown, LPCC-S - Licensed

Professional Clinical Counselor—Supervisor