



HEALTH AND COUNSELING SERVICES

SERVICES:

REGISTERED NURSE SERVICES

Health Services at Carlow University is nurse-directed and functions under the supervision of physicians from the Division of Adolescent and Young Adult Medicine at UPMC Children's Hospital of Pittsburgh.

You can come to the campus nurse for:

- + Evaluation and treatment for minor injuries and illnesses
- + Evaluation and referral to physician and/or other health care professionals and facilities
- + Health education through discussion and literature
- + Blood pressure screenings and weight and BMI monitoring
- + Assistance in health maintenance with appropriate support of chronic conditions
- + Over-the-counter medications and first-aid supplies for minor injuries and illnesses

PHYSICIAN SERVICES

Physicians from the Division of Adolescent and Young Adult Medicine at UPMC Children's Hospital of Pittsburgh are available weekly at the Carlow University Health Center for a fee of \$10 (billed directly to your student account). For dates and times for physician services, visit www.carlow.edu. Please call 412.578.6474 to schedule an appointment.

You can come to the campus physician for:

- + Physicals for sports, employment, or a driver's license
- + Evaluation and treatment of minor illnesses, such as upper respiratory infection, strep throat, ear infection, urinary tract infection, conjunctivitis, seasonal flu, and mono
- + Evaluation and treatment of minor musculoskeletal and dermatologic injuries, such as sprains, strains, minor burns, and lacerations
- + Evaluation and either treatment or referral for chronic medical conditions and other special health care needs

ADOLESCENT MEDICINE CLINIC

Appointments can be made through the nurse to see physicians Monday through Friday at the Adolescent Medicine Clinic (AMC) at 120 Lytton Avenue Mezzanine Floor, Suite M060, Pittsburgh, PA 15213. Their phone number is 412.692.6677. Services provided at the AMC will be billed to your insurance provider.

Make an appointment at the AMC for:

- + Hearing and vision screening
- + Immunizations
- + Gynecological care
- + Sexually transmitted infection (STI) testing and treatment
- + Gender identity concerns
- + Eating disorders
- + Initial substance abuse and mental health visits
- + Chronic medical conditions and other special care needs

COUNSELING SERVICES

Carlow University Counseling Services offers **free and confidential** individual and group counseling, outreach programming, consultation, referral, and crisis intervention to Carlow undergraduate, graduate, and professional students.

Counseling Services helps students adjust to university life, manage personal and situational challenges, develop coping strategies, and grow personally and professionally. Counseling may focus on concerns such as separation issues, relationships, anxiety, depression, abuse, grief/loss, etc. We utilize a short-term model of counseling in order to accommodate the entire student body. If long-term or specialized treatment is required, students may be referred to a community provider.

Come to counseling services when you're:

- + Having relationship issues
- + Feeling stressed, anxious, or depressed
- + Struggling with grief or loss
- + Need trauma/crisis intervention
- + Turning to drugs/alcohol
- + Eating too much or too little
- + Having problems at home and/or with your family
- + Experiencing any other issues with yourself or someone else



WE'RE HERE TO HELP!

Good health is a vital part of student success and achievement. Health and Counseling Services (HCS) will help support your holistic development and keep you healthy enough to fulfill your potential.

HCS welcomes and respects the needs of Carlow's diverse student population within a safe, supportive, and confidential environment.

Our goal is to empower students to become active partners in their own health, thereby improving their general well-being, supporting their academic success, and equipping them with important, lifelong, self-care skills.

EMERGENCY ASSISTANCE

If you are experiencing a life-threatening emergency and are on campus, please call Campus Police at **412.578.6007**. If you are off campus, please call **911**.

If you are in crisis and need to talk to someone immediately, please call the resolve Crisis Services (a 24-hour hotline) at **1.888.796.8226**.

HEALTH SERVICES

Monday-Thursday 9 a.m. - 4:30 p.m.
Friday 9 a.m. - 3 p.m.

Call for availability during summer and breaks.

Call 412.578.6474 or email hcs@carlow.edu to schedule an appointment.

Walk-ins welcome, subject to provider availability.

COUNSELING SERVICES

Monday-Thursday 9 a.m. - 7 p.m.*
Friday 9 a.m. - 3 p.m.

Call for availability during summer and breaks.

Call 412.578.6474 or email hcs@carlow.edu to schedule an appointment.

Walk-in appointments, subject to provider availability, are offered:

Monday-Thursday 1-4 p.m.
Friday noon-2 p.m.

**Evening hours by appointment only.*

HEALTH AND COUNSELING SERVICES

Frances Warde Hall, 4th Floor

P: 412.578.6474 | **F:** 412-578-6468 | **E:** hcs@carlow.edu

CARLOW
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