Internships/Independent Studies
Pre-professional positions are available to undergraduate and graduate students with appropriate experience, background and interest. Credit is available through a student’s academic program.

Appointments
Students can make appointments online and communicate with our counselors at unh.edu/health-services/appointments.html. Appointments can also be made by calling (603) 862-3823.

Hours:
Monday – Friday
7:30 a.m. - 4:30 p.m.
Spring Break (M-F)
8:00 a.m. - 4:30 p.m.
Summer/Semester Break (M-F)
8:00 a.m. - 1:00 p.m.
Labor Day & Veteran’s Day
12:00 noon - 4:00 p.m.

Did You Know...?
We also offer the following programs and services to students:
• Confidential HIV counseling and testing – get results in 20 minutes!
• Traditional and hot stone massage therapy. Gift certificates available!
• Biofeedback, reiki, yoga and meditation sessions are available to help learn how to manage stress.
• Educational and support groups such as our women’s self-esteem group Being Fierce and Fabulous, Living Well for students with chronic illnesses, YUMEE, a group for students interested in a mindful approach to nutrition and eating and Recovery Support Group for students struggling with alcohol and other drug abuse and dependence.
• Events on a variety of health and wellness topics.
• Light therapy for Seasonal Affective Disorder (S.A.D).
• Free sleep kits, coloring kits, tobacco quit kits and self-care kits.
• Expressive arts.
• Free male and female condoms and lubricant.
• Eating Concerns Mentors (ECM) are students trained to provide peer support and information regarding eating concerns, disordered eating and body image issues.
• Recovery Mentors are students trained to provide peer support and information regarding alcohol, other drugs and tobacco addiction.
• A Resource Library packed with books and multimedia items for research and personal use.

www.unh.edu/health-services

Telephone:
(603) 862-3823
(603) 862-2947 (FAX)

E-mail:
health.services.health.education@unh.edu

Location:
The Office of Health Education and Promotion is located on the second floor of Health Services in room 249.

unh.edu/health-services

This publication is available in alternate formats upon request. Please call (603) 862-3823.
Office of Health Education and Promotion

In support of the University of New Hampshire’s mission, the Office of Health Education and Promotion, Health Services promotes, maintains and improves the health and well-being of the campus community. This is accomplished by providing prevention-based health promotion programs and services, health counseling and co-curricular learning opportunities. We collaborate with others in the community to create an environment that supports the inherent wellness potential of all individuals.

What We Do . . .

Educational Programs
Professional staff and peer educators present educational programs to students in a variety of settings: residence halls, Greek houses, athletics, campus recreation and as part of classroom curriculum for various academic departments. All programs can be tailored to meet specific needs.

Health Counseling/Education
We provide confidential, individualized and short-term health counseling/education sessions that focus on skill building and self-care in an effort to effect positive behavior change and help individuals reach their full potential. We are also available to meet with students who are concerned about a friend or family member’s eating concern and/or alcohol or other drug use.

Community Health Services
We provide education, counseling and support for students with chronic and acute illnesses. We work with students to resolve academic issues arising from illness, hospitalization, or medical withdrawal.

Peer Education Opportunity
We provide a unique opportunity for students to learn valuable information and skills related to a specific topical area. Training and ongoing supervision are provided as students share their learning with their peers through educational programming and outreach on campus. Credit may be available. Current peer education opportunities include:

- SPIN – Students Promoting Information about Nutrition
- ECM – Eating Concerns Mentors
- S.A.F.E. - Substance Awareness through Functional Education
- RM - Recovery Mentors

We address the following health issues/topics...

- Alcohol and other drugs
- Anger management
- Body image
- Chronic illnesses
- Communication skills
- Eating concerns
- Emotional health
- Financial management
- Gender/identity/expression
- Meditation
- Medical nutrition therapy
- Mindful eating
- Nutrition
- Public health concerns
- Relationships
- Self-esteem
- Sleep concerns
- Sexual health (contraception, sexual transmitted diseases, HIV/AIDS)
- Sexual orientation/sexual identity
- Spiritual health
- Stress
- Tobacco cessation
- Wellness
- Women’s/men’s health

Public Health
Health Services has primary responsibility for addressing public health issues impacting the UNH community. This responsibility includes:

- promoting and addressing the health needs of our community
- surveillance, prevention and response to communicable disease outbreaks and other threats to health
- serving on university and local emergency response groups
- working closely with the New Hampshire Department of Health and Human Services to ensure the public health of the UNH community

The wellness wheel is a holistic model representing the eight dimensions of health and wellness. Through education and counseling, the staff at the Office of Health Education and Promotion strives to help students balance these dimensions in their daily lives.

Understanding each dimension allows students to minimize stress and optimally integrate into their campus lifestyle.

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Wellness Wheel

Physical
Emotional
Mental
Occupational
Intelectual
Environmental

Financial
Public Health