The promotion of on-campus, student-centered health services is a necessity for learning, success, access, and social justice. (ACHA)

The mission of UNC Asheville’s Health and Counseling Center is to support the academic and social success of all students. The staff recognizes that the physical, psychological, and social dimensions of health are deeply interconnected, especially as it relates to our students’ ability to learn and to be an engaged member of the community. The Health and Counseling Center offers an integrated care approach which combines medical care, mental health services, case management, wellness education, and health promotion activities to address the unique needs of each student.

Appointments
All services.................................................................828.251.6520

After Hours Medical Care
Mountain Area Family Health Center.................................828.257.4740
(There are fees for this service. Please identify yourself as a UNC Asheville student)

Sisters of Mercy Urgent Care Center.................................828.210.2121

Mission Hospital’s Emergency Room................................828.213.1111

All students have access to Health and Counseling services regardless of the type of health insurance which they own.
Health Services

Complimentary Services

- Office visits - routine and preventative
- Care of acute and chronic illnesses
- Treatment of accidental and athletic injuries
- Physical exams
- Family planning counseling
- Gynecological exams
- Condoms
- STI/HIV testing

Charged Services

- Laboratory services
- Prescriptions (select inventory)
- Birth control (select inventory)
- Pap smears
- Emergency contraception
- Minor medical procedures
- Allergy shots
- Immunizations

Payment

- Payment is expected at the time of service and cannot be charged to your UNC Asheville account
- Cash, check, credit/debit cards, and OneCard are all accepted
- Payment arrangements are available upon request
- The Health and Counseling Center is unable to bill third party insurance carriers

Counseling Services

Individual Counseling

- Short-term counseling around issues which interfere with academic effectiveness such as anxiety, loneliness, relationship problems, depression, substance use, and confusion over life goals and direction
- Help in overcoming academic problems that have a psychological component such as test anxiety, concentration difficulty, procrastination, and fear of failure
- Students are eligible for up to twelve free sessions per academic year
- Counseling service is unable to provide psychological/educational testing, services which are legally mandated, couples therapy, or ongoing once a week counseling

Group Counseling

The counseling staff offers a variety of group programs each semester with topics covering a wide variety of issues. Examples include assault recovery, relationships, assertiveness, and addictions recovery support. Specific groups change from semester to semester, depending on staff availability and student demand.

Psychiatry Services

Psychiatrists are available for psychiatric evaluation and medication management.