Student Health and Counseling

The Student Health Clinic and Counseling Services are located on the lower level of Lura Manor. Elevator access is available at the northwest door.

Student Health Clinic

The goal of the Student Health Clinic is to improve the status of health and the quality of life of MSU students while they are on campus and as they plan for the future. Focus is on health promotion, risk reduction through surveillance and control of health hazards, health education, and referral to other campus or community services as needs are identified.

The Student Health Clinic is staffed by a registered nurse and nurse practitioner, with referral services as needed. The provider can diagnose and treat a variety of acute health problems in an ambulatory clinic setting and make referrals as indicated by the health care needs of students. Student health care is intended to supplement private health care. It is not intended to provide comprehensive medical care.

At the discretion of the Student Health Clinic staff, assistance provided may include but is not limited to:

- Immunizations and Immunization Record Review, Women's healthcare, Sexually Transmitted Infection testing, treatment, and education, Blood pressure monitoring, Basic First Aid, Health education/promotion programs, General sick care, Prescriptions as necessary, Tuberculosis screening/testing, Reporting required illness to public safety agencies, Reporting required injuries/crimes to public safety agencies, Sports and employment physicals

Immunizations and Tuberculosis Screening: Reference: NDUS Procedure 506.1

1. Any student enrolled at any NDUS institution shall provide documentation of immunity against measles, mumps, and rubella (MMR).

2. Effective fall 2017, newly admitted students ages twenty-one and younger shall provide documentation of immunity against meningococcal disease.

3. Each institution will establish procedures for exemption, which may include students enrolled only in distance learning courses, courses taught off campus, continuing education or noncredit courses, and students in attendance at camps, workshops, or programs and classes delivered under contract to a third party. NDUS benefited employees are exempt from the policy and procedures; however, each institution will implement procedures for staff and faculty enrolled in classes. Institutions may grant additional exemptions upon application to and approval by the authorized institution official under established institution procedures, when:

a. Immunization is contraindicated by a medical condition that is certified by a licensed provider.

b. The student's beliefs preclude participation in an immunization program; or

c. Instances when the student has had one MMR immunization and agrees to have a second one no less than 28 days later.

4. Each institution shall establish procedures for tuberculosis (TB) screening of international students. Testing is required of new students from all countries except those classified by United States health officials as low risk for tuberculosis.

To upload documentation and complete the tuberculosis questionnaire go to MinotStateU.edu/health/immunization (https://www.minotstateu.edu/health/immunization.shtml/). For further information or to schedule an appointment visit the website at MinotStateU.edu/health/ (https://www.minotstateu.edu/health/), or contact the Student Health Clinic at (701) 858-3371.

Counseling Services

The mission of Minot State University Counseling Services is to empower and advocate for the student's personal and educational development through short-term counseling and educational outreach. We want student experiences to be positive and growth promoting. Personal counseling services provide free, confidential consultation, prevention and intervention, and referral. Counseling sessions are kept in strict confidence within legal and ethical limits. No information about you will be released outside of the counseling office without your permission. EXCEPTIONS to confidentiality include, the counselor determines you are a threat to yourself or another person, there is suspected or actual abuse or neglect of a child, an elderly, or disabled person, there is a medical emergency, or records are subpoenaed in the court of law.

Other services include:

• Educational programming on campus, In-class presentations on request, Residence Hall outreach

For further information or to schedule an appointment visit the website a MinotStateU.edu/counseling/ (https://www.minotstateu.edu/counseling/), or contact Counseling Services at (701) 858-3371.

TimelyCare

TimelyCare is a free, 24/7 virtual mental health and well-being platform available to all enrolled Minot State University students. It provides access to a wide range of mental health and wellness services, right from your phone, tablet, or computer - anytime, anywhere. TimelyCare's list of services are listed below.

- TalkNow, 24/7 Support, Scheduled Counseling, Self-Care Content. Healthy Coaching, Peer Community, Basic Needs Support.

To learn more about these services and how to register, visit minotstateu.edu/counseling/ (https://www.minotstateu.edu/counseling/). To create your profile and register visit timelycare.com/ (https://timelycare.com/).

Serenity Suite

The Serenity Suite is located within the MSU Student Health Clinic and Counseling Center, in the lower level of Lura Manor. It consists of three private rooms that promote relaxation and a meditative space here on campus. The available features that you can schedule to use are listed below.

- Massage Chair, Light Therapy, In-Harmony Sound Lounger

To make an appointment visit the minotstateu.edu/counseling/ (https://www.minotstateu.edu/counseling/) of contact Counseling Services at (701)-858-3371.