**EMERGENCIES**

Self Help Resources

National Suicide Prevention Lifeline

1-800-273-8225

Crisis Text Line

Text TALK to 741741 to text with a trained counselor FREE.

National Sexual Assault Hotline

1-800-656-4673

**Project PPE Crisis Counseling for Disaster/Covid-19**

Call or text:

501-762-2734, 501-762-2304, 501-762-4944

**The Trevor Project**

TrevorLifeline: 1-866-488-7386

LGBTQ Crisis(24 hr support)

Website: thetrevorproject.org

Student Health & Wellness website:

[www.hsu.edu/studenthealth](http://www.hsu.edu/studenthealth)

Follow us on our Instagram account:

Hendersonhealthcounseling



**Call 911**

**or go to the nearest**

**Hospital Emergency Room**

Baptist Health

3050 Twin Rivers Drive

Arkadelphia, AR 71923

**RESOURCES:**

**After Hours Care Centers**

CHI St. VincentConvenient Care Clinic100 McGowan Ct. Hot Springs, AR (501) 525-9675 Hours: M-F: 7 am-7 pm; Sat & Sun 8 am-7 pm

MedExpress Urgent Care3426 Central Ave. Hot Springs, AR (501) 318-9895 Hours: 8am-8pm daily

First Care Walk-in Clinic 120 Adcock Rd. Hot Springs, AR (501) 651-4500 M-F 7am-7pm, Sat 8am-6pm, Sun 1pm- 6pm

Sherwood Urgent Care 201 Airport Rd. Hot Springs, AR (501) 547-9481 M-S 8am-8pm, Sun 1pm-6pm.



**Student Health**

**&**

**Wellness**



Mooney Hall First Floor

Hours: Monday-Friday 8:00 a.m. to 5:00 p.m.

Call 870-230-5102 to schedule an appointment

Virtual appointments available.

Fax: 870-230-5064

Student Health & Wellness

services are available for

Henderson State University

students who are currently

enrolled.

Our staff consists of Registered Nurses, Masters prepared Counselors and an Advanced Practice Registered Nurse.

**STAFF:**

Renee Walls, APRN

Tami Arnold, RN

Ginger Harris, RN

Willica Morgan, LPC

Christopher Golston, MS

Cindy Dillavou, Secretary

**Student Health**

**and Wellness**

**Services:**



* Basic health care services with prescription management
* Pregnancy Prevention

Health Promotion

 Allergy Injections

* Anxiety/Depression

Intrapersonal Problems

*  LGBTQ+ Conversations
*  Racial/Cultural Concerns

Academic Stress

 Time Management

 Stress Management



 Drug and Alcohol education

Grief Counseling

Confidentiality

Confidentiality

&

Privacy

&

Privacy

Students receiving services have a right to privacy and confidentiality. Information will not be released without the student’s written consent.

All records are secured in Student Health and Wellness.

These records never become a part of a student’s transcript or college record.