

Overview:

The Health and Wellness Services is committed to helping Fort Hays State University students, faculty, and staff be successful in their personal development by providing:

Counseling:

- Personal Counseling
- Academic Counseling
- Drug and Alcohol Counseling
- Chemical Dependency Evaluations
- Alcohol Information Seminars
- Disability Accommodations
- Learning Disability Testing
- National Testing Services
- Prometric Testing
- Crisis Support
- Outreach Services on a Range of Mental Health Topics

Medical:

- Treatment of minor illnesses and injuries
- Women's health services, including pap smears, contraceptive counseling, and general health consultations
- Medication management for mild to moderate anxiety and depression
- Physical examinations
- Administration of routine vaccines, allergy injections, and medications
- Confidential testing and treatment of sexually transmitted infections
- Over-the-counter medications
- Presentations and outreach clinics at other locations on campus

Points of Pride: (for reporting academic year)

- In partnership with Food and Hunger Initiatives, Health and Wellness Services planned and executed an End of Semester Picnic. We provided hamburgers, hot dogs, and chips. Additionally, yard games were available for students to enjoy.
- Health and Wellness Accessibility Services presented to individual academic departments on what services they offer and how students can access the services.
- Health and Wellness Services sponsored tables and activities for Accessibility Awareness Week.

- Health and Wellness Services had multiple tabling events to inform students about the hardship discount available, services offered, and to inform students about and offer free naloxone.
- Provided flu shot clinics at the Human Resources Benefits Fair, in Health and Wellness, and in McMIndes Hall.
- Implemented online scheduling of counseling appointments.

Focus Areas for 2026-2027: (goals for next academic year)

- Promote services available through the Health and Wellness online portal.
- Promote TogetherAll to FHSU and Affiliate campuses.
- Implement use of AI tools in our health records system.
- Focus on mental wellbeing of 1st year students and athletes with a practicum student focused on outreach to these populations.

By the Numbers: (data from current academic year)

Health and Wellness Services Appointments	Totals
Medical Appointments	4,652
Therapy Visits	4,119
Therapy Intakes	450
Crisis Sessions	45
D&A Sessions	142
D&A Intakes	47
Accessibility Services	471
Total Health and Wellness Visit Count	9,926