Coaching and Other Individual Services

At Student Wellness our focus is on helping students excel academically and socially as they face their many opportunities and challenges resolutely, with confidence and grace.

UNC is a microcosm of a huge, wonderful and diverse world, and in a student population as large and varied as UNC, students will form many new friendships, some that will last a lifetime. They will meet and learn about people from different cultures, social standing, ethnicities and spiritual orientation. It can all be a bit overwhelming.

UNC students enjoy a full spectrum of support to maintain health and well-being, with primary medical care provided by Campus Health and emotional and mental wellness addressed by CAPS. At Student Wellness, we handle everything in between.

We’ve assembled a staff of counselors who provide caring, confidential assessment and guidance to help students establish and maintain healthy relationships and address issues of social interaction, dating and reproductive health. Call us. We're here to help.

Relationship Health & Wellness

Individual, partnership, or group appointments to discuss reproductive health & wellness.

Appointments [1]

Substance Use Evaluation and Management

Student Wellness staff are trained to address questions and concerns about use, coach and counsel students in recovery, help reduce risky behavior and provide caring guidance to make healthy decisions in pursuing academic excellence.

Appointments [2]
Physical Wellness

Schedule an appointment if you, your partner, or one of your friends are seeking guidance on the subjects below.

- Having a Well Woman’s visit or a Pap smear exam and still have questions after viewing the Women’s Health Tutorial and checking out the Pap Smear FAQs
- Seeking information on birth control and have questions after the Women's Health Tutorial.
- Seeking information and/or testing for sexually transmitted infections, including HIV.
- Seeking testing for HIV.
- Diagnosed with a sexually transmitted infection and want more information, including how to communicate effectively with a partner.
- Have any other sexual health questions.

Appointments [3]

NOTE: There is a $25.00 charge for any missed appointment that is not canceled at least 24 hours in advance.

All coaching sessions are private. No report will be made to other campus departments or officials or your parents or family without your formal written consent. With this said, there are a few exceptions. If one talks about hurting him or herself and/or someone else, by law we must share that with Counseling and Psychological Services [4]. Additionally, because we care about your safety, if you share specific details regarding an incident of harassment, discrimination, assault, stalking, sexual violence, and/or interpersonal violence, that happened by or to Carolina students, as employees of Student Wellness, we are required to share that information with UNC’s Student Complaint Coordinator [5].

Source URL: https://studentwellness.unc.edu/services/coaching-and-other-individual-services

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