



Wellness Center

Frequently Asked Questions

We're here to help! Come to our office for assistance with these areas.

- Health Services
- Counseling Services
- Referrals to on-campus & off-campus services
- Mandated mental health and/or substance abuse assessments
- Health Resources
- Crisis Intervention

• **Where is the Wellness Center located?**

There are two Wellness Centers; one located on the Troy Campus and the other is located on the Albany Campus. Troy's Wellness Center is located in Kellas Hall. Albany's Wellness Center is located on the lower level of the Kahl Campus Center.

• **When is the Wellness Center open?**

Both Wellness Centers are open Monday– Friday, 8:30 am - 5 pm.

• **What services are available to students?**

The Wellness Center offers a variety of medical and counseling services for students. Our staff includes nurse practitioners, registered nurses and licensed mental health professionals.

• **What health services are available to students?**

Services available include sick visits, physicals, gynecological visits and more. The health service staff considers a student's diet, exercise, lifestyle, environment and mental health before suggesting the path to wellness. The nurse practitioners work in collaboration with a physician. Referrals are given as needed.

• **What counseling services are available to students?**

Free counseling services include crisis intervention, assessment, consultation and mediation for a range of issues, as well as sexual assault support services. Outside referrals for counseling may also be provided as well as consultation with a psychiatrist when needed.

• **Who can use the Wellness Center?**

Health and counseling services are available to all Sage students.

• **Is there a charge to use the Wellness Center?**

There is no charge for counseling and sick visits. There is a nominal charge for physicals, labs, medications, TDAPs and PPDs. Services are available regardless of personal health insurance.

• **What methods of payment will you accept?**

You may pay by check, credit/debit card or charge to your student account.

• **Do I need an appointment or can I walk in?**

Appointments are preferred for health services and non-crisis counseling services. Walk-in appointments are accepted depending on availability. To make an appointment on the Troy Campus call (518)244-2261. To make an appointment on the Albany Campus call (518)292-1917.

• **What if I am sick and the Wellness Center is closed?**

Any student ON CAMPUS with a life threatening emergency, regardless of whether or not the Wellness Center is open, should contact Sage Public Safety immediately at 518-244-3177. Students OFF CAMPUS should contact 911. All expenses related to emergency are the responsibility of the student. Any student with a non-emergency who feels ill or injured when the Wellness Center is closed and feels they cannot wait to seek care until it reopens, has the option to visit a nearby urgent care facility. Go to <https://www.sage.edu/student-life/wellness-center/after-hours-care/> for suggested providers. Use of a specific facility or provider is not required, these are simply suggestions.

• **Who will know that I am seeking services?**

All consultations and referrals are kept confidential and private in accordance with state and federal guidelines. Information obtained in counseling and health services will not be shared with anyone without the student's written consent, except when a student is in danger of harming him or herself or others.

Albany

145 Kahl Campus Center
518-292-1917

Wellness Center

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Troy

Kellas Hall
518-244-2261