

# STUDENT HEALTH & COUNSELING SERVICES

We provide assistance to students looking to access physical and mental healthcare providers. Short-term counseling services are provided on-site. Students are automatically enrolled in SVA-sponsored student health insurance that provides in-network access to a wide variety of clinicians. Through various programs and events, Student Health and Counseling Services aims to build community and engage students in supporting their well-being.

**WE'RE HERE TO SUPPORT THE  
SUCCESS OF SVA STUDENTS.  
ALL SERVICES ARE FREE AND  
CONFIDENTIAL.**

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## ***OFFICE STAFF***

Christine Gilchrist,  
MSN, MPH, RN, NC-BC  
Associate Director

Mark Howell, PhD, LCSW  
Therapist

Arielle Kempler, LMSW  
Therapist

Brett Sharets, LMSW  
Therapist

Jennifer Wilson, MA, LCAT  
Therapist

Matt Lee  
Coordinator

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[sva.edu/health](https://sva.edu/health)

## HEALTH INSURANCE

Students are automatically enrolled in and billed for the SVA-sponsored student health insurance plan. We make sure that the plan is the best fit for students' needs at the lowest possible cost. If you have other health insurance that provides accessible coverage in NYC and do not want the SVA insurance, you must waive the fee online before the deadline at [sva.edu/uhp](http://sva.edu/uhp).

## HEALTH

A map of local urgent care facilities is located on our website and the GoSVA app. While medical services are not available at our office, a registered nurse can assist you in finding additional local health care providers and community-based resources.



### *STUDENT HEALTH & COUNSELING SERVICES*

#### **EAST SIDE LOCATION**

340 East 24th Street, 1st floor  
Monday-Friday, 9 am-5 pm

#### **WEST SIDE LOCATION**

136 West 21st Street, 10th floor  
Services by advanced appointment only.

## PROGRAMMING

Staff routinely give presentations on various wellness topics both within SVA departments, as well as community spaces. Examples include stress management sessions, yoga class, our annual HOPE art competition and monthly visits of dog therapy.

## COUNSELING

Students are encouraged to speak with a therapist any time there is an issue prohibiting their success at SVA. Counseling offers the opportunity to talk with a non-judgmental person who can offer helpful feedback and also advocate for the student. Free and confidential short-term counseling services are available to all undergraduate and graduate SVA students. We invite you to make use of this valuable resource.

#### **CONTACT**

Phone: 212.592.2246  
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#### **MAILING ADDRESS**

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