



Health Education and Promotion Department

Our Mission: Health Education and Promotion contributes to students' success in and out of the classroom by encouraging students to take responsibility for their lifelong wellness. Using strategies that are student-oriented, evidence-based, and dynamic, we challenge students to develop beliefs and habits that advance personal and community health.

- ◆ CONFIDENTIAL COUNSELING, RESOURCES & INFORMATION ◆ WORKSHOPS & EVENTS ◆ NUTRITION ◆
- ◆ SUBSTANCE ABUSE ◆ SEXUAL HEALTH ◆ STRESS & COPING ◆ SEXUAL ASSAULT PREVENTION ◆ SLEEP ◆

Group presentations are FREE and should be scheduled at least two weeks in advance.

APPOINTMENT LINE: 404-727-7551 or schedule online via *Your Patient Portal* at www.studenthealth.emory.edu

Heather Zesiger, MPH, CHES, 04SPH, Director of Health Education and Promotion

Strategic health promotion initiatives; advises students in creating a healthy campus culture; guides assessment and evaluation; presentations and consultations on wellness topics including sleep and stress reduction.

Voicemail: 404 727 1736 / Email: heather.zesiger@emory.edu

Aline Jesus Rafi, MA, Coordinator of Sexual Assault Prevention Education and Response

Advocacy; crisis intervention; counseling and referral for sexual assault survivors; advisor to Alliance for Sexual Assault Prevention (ASAP); presentations on sexual assault prevention and healthy relationships.

Voicemail: 404 727 1514 / Email: arafi@emory.edu

Virginia Plummer, LCSW, Coordinator of Alcohol & Substance Abuse Prevention Services

Substance abuse counseling; stress management and case management; screening for long-term treatment referrals; resource information; presentations on alcohol risk-reduction, substance abuse, and stress management. Voicemail: 404 727 7329 / Email: virginia.plummer@emory.edu

Alyssa Lederer, MPH, CHES, 08SPH, Health Educator

Healthy Campus Initiative for students, faculty, and staff; implementation of select recommendations of the President's Task Forces on Alcohol and Other Drugs and Mental Health; NCHA National College Health Assessment; coordination of efforts between Student Health & Counseling Services and the Faculty Staff Assistance Program.

Voicemail: 404 712 1447 / Email: alyssa.lederer@emory.edu

Carol Kelly, RD, LD, Coordinator of Nutrition Education

Consultations and assessments; ongoing nutrition counseling; presentations on nutrition and healthy eating including study snacks, sports nutrition, and eating for performance.

Voicemail: 404 727 1735 / Email: carol.kelly@emory.edu

Lex Gilbert, Administrative Assistant

Materials requests (e.g. condoms, brochures for student groups), and general questions.

Voicemail: 404 727 1697 / Email: agilbe5@emory.edu

Amanda Dookwah, RHD Fellow 2009-2010

Marketing and outreach; coordination of partnerships with Residence Life and other student groups; develops and maintains departmental website and other e-communications;

Voicemail: 404 727 9003 / Email: jdookwa@emory.edu

Willie Bannister, LPC, Alcohol and Other Substance Abuse Prevention Counselor

Alcohol and other drug abuse counseling and case management; screening for long-term treatment referrals; resource information; presentations on alcohol risk-reduction and substance abuse including tobacco use cessation and prescription drug abuse prevention.

Voicemail: 404 727 0395 / Email: wbannis@emory.edu

Shirley Banks, Health Educator, Certified Sexuality Counselor

Anonymous HIV testing and counseling; sexual health counseling and referral; presentations on health benefits of mindfulness practices and sexual health issues.

Voicemail: 404 727 7312 / Email: shirley.banks@emory.edu



Top Ten Facts About Emory University Student Health Services

- ① **We are the primary health care provider for Emory students.**
 - If you get sick, contact us!
 - If you want preventive health care, contact us!
- ② **Students can contact us by phone at 404-727-7551 or online at www.studenthealth.emory.edu Use *Your Patient Portal* to schedule appointments and send secure emails to staff.**
- ③ **EUSHS does not charge for office visits.** We charge only for medications and lab tests. What a fabulous deal!
 - Emergency Department visits are often expensive. Talk with a clinical provider at EUSHS before going to the ER, unless there is a life-threatening emergency.
 - We dispense many common medications, when prescribed by a EUSHS provider, at a reduced price, including oral contraceptives.
- ④ **Our staff includes specialists** in family practice, internal medicine, sports medicine, orthopedics, women's health, emergency medicine, nursing, substance abuse counseling, sexual assault prevention and response, sexual health counseling, health education, nutrition counseling, psychiatry, and travel/allergy/immunizations.
- ⑤ **For urgent medical questions or concerns after hours or weekends:**
Contact the Emory University Student Health Services' on-call physician, call 404-727-7551 and press "0."
 - One of our very own EUSHS doctors will call you back. A real live doctor!
 - We do not outsource this service.**For life-threatening emergencies, day or night, call 911** from an on-campus or off campus phone. Please note that Emory University Student Health Services is **not** an emergency facility.
- ⑥ **We are very protective of students' confidentiality.**
- ⑦ Emory University Student Health Services, Health Education and Promotion, and Emory Student Counseling Center are all part of the same organization within the **Division of Campus Life**. (Emory Healthcare and the Emory Hospitals are a different business.)
- ⑧ **Students can be a part of the Emory Student Health Services' mission** by becoming members of the Student Health Advisory Committee (SHAC). Call us at 404-727-1697 to join. Visit http://studenthealth.emory.edu/hp/hp_get_involved.php for more options!
- ⑨ **EUSHS is open six days per week**, Monday-Thursday 8-6, Friday 8-5, Saturday 9-1. (The schedule changes when school is not in session and in the summer semester.)
- ⑩ **We are located at 1525 Clifton Road**, near the Woodruff Residential Center and the Health Sciences Library. **NEW!** Our Counseling Center is located at 1462 Clifton Road 2nd floor.

The mission of Emory University Student Health and Counseling Services is to empower students to take responsibility for their health and to complement the academic mission of the university by providing unified medical, counseling, and health education/ promotion services that result in a healthy campus culture. Student Health and Counseling Services is committed to providing caring professional clinical services to a diverse student body and to reducing the stigma associated with seeking mental health services.



Accredited by
Accreditation Association for Ambulatory Health Care, Inc

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Building a Healthier Student Body, Mind and Spirit