International students with F-1 and J-1 visas are required to purchase an affordable health benefits plan sponsored by the University. They must present proof of adequate coverage; alternatively, students can waive this requirement if they meet specific criteria.

Some students have the option of waiving this requirement if they are degree students at its Durham, Manchester, and Concord campuses.

STUDENT HEALTH BENEFITS PLAN

Well Services

Biofeedback, light therapy, and massage therapy. Read more about behavior change, etc.); and integrative mind-body services, including nutritional counseling, wellness coaching (e.g., stress, sleep, behavior change, etc.) and biofeedback, light therapy, and massage therapy. Read more about Living Well Services.

LIVING WELL SERVICES

Living Well Services coordinates health promotion activities on campus. Services provided include educational programs, workshops, and classes; individual wellness counseling and coaching to promote healthy lifestyle choices, including alcohol and other drug counseling, nicotine cessation services, nutritional counseling, wellness coaching (e.g., stress, sleep, behavior change, etc.); and integrative mind-body services, including biofeedback, light therapy, and massage therapy. Read more about Living Well Services.

STUDENT HEALTH BENEFITS PLAN

UNH requires health insurance as a condition of enrollment for full-time degree students at its Durham, Manchester, and Concord campuses. Some students have the option of waiving this requirement if they present proof of adequate coverage; alternatively, students can acquire an affordable health benefits plan sponsored by the University. International students with F-1 and J-1 visas are required to purchase the UNH Student Health Benefits Plan (SHBP). Learn more about the SHBP and the waiver process here.

IMMUNIZATION REQUIREMENT

Health & Wellness requires proof of:

- Measles, Mumps, Rubella (MMR): 2 doses at least 28 days apart, initiated after 12 months of age, or immune titer
- Meningococcal (ACWY): 1 dose required within 5 years of enrollment; a booster dose required if initial dose administered prior to age 16
- Tetanus, Diphtheria, Pertussis (Tdap): within 10 years, after completion of primary series
- Chicken Pox (Varicella): two doses of vaccine, separated by four to eight weeks, or immune titer
- Strongly Recommended
  - Human Papillomavirus (HPV): series of 3 doses
  - Influenza: annually

Any student failing to complete this requirement may not be prevented from registering for future classes. Learn more about incoming student health record requirements here.

Information Technology (IT)

Health & Wellness provides whole person-centered care and services, illness prevention and health promotion, co-curricular learning opportunities, and public health leadership and expertise. All are tailored to support our students’ health, well-being, and personal development, the health of the campus community and the mission of our University. Health & Wellness is accredited by the Accreditation Association for Ambulatory Health Care (AAAHC).

MEDICAL SERVICES

Health & Wellness provides comprehensive, student-focused, primary medical care through a team approach. The clinical staff consists of board-certified physicians, nurse practitioners/physician assistants, nurses, and medical assistants who are committed to prevention and holistic care. Primary medical care is provided for a large variety of common concerns.

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Information Technology (IT)

UNH Information Technology delivers network and communications infrastructure, as well as provides IT services that support students, faculty & staff with learning & research. For a complete list of services and to learn more visit the UNH IT Service Catalog. For information on how to use the services, visit the Self-Help Knowledge Base.

International Students and Scholars

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The Office of International Students and Scholars (OISS) provides a wide range of services to international students, faculty, staff and exchange scholars. These services begin before the international visitors arrive on campus and often continue past the completion of their programs. OISS services include: Preparation of eligibility documents for visa issuance along with pre-arrival instructions and information; Preparation of applications to U.S. immigration offices to secure appropriate work authorization for international faculty and staff; In-depth and engaging orientation programs for new students and scholars covering a variety of issues such as immigration rights and responsibilities, adjusting to life in another culture, working in the U.S., adapting to the U.S. educational system, area attractions and services, and much more; A variety of workshops and seminars covering topics such as immigration and employment and career orientation seminars; Programming and events such as International Education Week, international student and scholar lunches, presentation series, graduation receptions, trips, and much more.

All international students are encouraged to maintain contact with the OISS and are required by law to report changes of address, academic program, or source of educational funds. OISS also serves as a key liaison between international students, faculty and staff and various other UNH offices and departments. For more information visit www.unh.edu/global or call (603) 862-1288.
Center for International Education and Global Engagement
https://www.unh.edu/global/about

The Center for International Education's mission is to promote and facilitate global learning and responsible world citizenship. The center helps UNH students, faculty, and New Hampshire citizens gain international knowledge and experience in order to better understand the complexities of world affairs and effectively respond to the global issues affecting their lives and livelihood. International knowledge, intercultural competence, and global preparedness are at the core of CIE's mission. CIE achieves its mission through its support of the Report of the President's Panel on Internationalizing UNH and through the following programmatic activities:

International Affairs Dual Major
To help students of every major develop critical global understanding, foreign language competency, and international experience

Study Abroad
For a new perspective and valuable first-hand experience in countries around the world

Scholarship Opportunities
To make direct international learning available to students with financial need

N.H. International Seminars
By eminent UNH and visiting scholars to engage the community on important international issue

Faculty Development
To support faculty to explore research and collaborations abroad to enrich classroom teaching and the UNH community

Library
www.library.unh.edu

The UNH Library supports the educational and research activities of the students, faculty, and staff of the University of New Hampshire while serving New Hampshire residents as a research-level library and depository for US and NH government publications. The UNH Library includes the main Dimond Library, three branch libraries for physical sciences and engineering, and a library storage facility. Dimond Library houses collections in the social sciences, humanities, business, health and human services, education, earth sciences, and government documents (including maps). Dimond Library is also the home of the Dimond Academic Commons, the Douglas and Helena Milne Special Collections and Archives, and the University Museum.

The UNH Library has over 2.8 million print and electronic items, approximately 105,850 current print and electronic serial subscriptions, and over 100,000 media titles. Its holdings are supplemented by access to the collections of the Boston Library Consortium members as well as libraries across the country, through interlibrary loan. The UNH Library is also active in digitizing, preserving, and making accessible materials in its collections with over 22,400 objects in its digital collections. The institutional repository includes over 20,600 records. The UNH Library shares resources with the campus library at the University of New Hampshire at Manchester and collaborates with the UNH School of Law library.

Military & Veteran Services
www.unh.edu/veterans

The mission of the Military & Veteran Services Office is to provide the highest quality service and support to Student Veterans, Service Members, and other military-affiliated students such as dependents, as outlined in the Veteran Administration's Principles of Excellence and 8 Keys of Success. Furthermore, we strive every day to ensure that we exceed the University's inclusivity standards as laid out by the University Commission on Community, Equity, and Diversity.

Military and Veteran Services (MVS) is the primary support (benefit, academic, personal or social) office for any military connected student. We are also the first line resource within the university community for information about educational benefits offered to support all military connected students. We also play a central role on campus in educating and raising awareness within the university community and beyond with all issues related to the success of each of the military connected students at UNH.

The Beauregard Center
https://www.unh.edu/beauregardcenter

The Beauregard Center is committed to working collaboratively with the whole UNH community to create a more inclusive, equitable, and socially just campus through education, advising, advocacy and community building. Through the lens of intersectionality, the center works closely with underrepresented and ally students to empower their development and growth in order to thrive socially and academically. We also work with faculty, staff and administrators around issues concerning campus climate.

Psychological and Counseling Services
http://www.unh.edu/pacs

Psychological and Counseling Services is the primary mental health facility on campus. We offer a variety of services that are designed to enhance students' ability to fully benefit from the University environment and academic experience. This includes providing counseling and therapy for students who may be experiencing situational or ongoing psychological difficulties, providing programming to meet the developmental needs of the student population, and encouraging a University atmosphere conducive to personal and intellectual growth as well as psychological well-being. We are fully funded by student fees. An intake appointment is available to all students who have paid the js/cc fee. Ongoing services are a clinical decision.

The staff at the University of New Hampshire Psychological and Counseling Services believes that our role in a university setting is multifaceted. We see ourselves as specialists in developmental, clinical/ remedial and preventative interventions with young adults and non-traditional age college students. As counselors, we facilitate student's further development of their strengths so that they can overcome their challenges.

We also aim to serve the community while being part of the community. As community members with specialized training in work with the
university population, we are knowledgeable about the special needs of students, faculty, staff, and the systems of which we are a part. A large part of our community work focuses on prevention; we believe that increased awareness of healthy ways to cope with stress can help the UNH community and its individual members achieve their professional and personal goals.

All information about a student's visits to the Counseling Center is confidential and cannot be released without the written permission of the student. The University of New Hampshire Psychological and Counseling Services has been accredited by the International Association of Counseling Services since 1978.

**Sexual Harassment and Rape Prevention Program (SHARPP)**

[www.unh.edu/sharpp](http://www.unh.edu/sharpp).

SHARPP is a University of New Hampshire program overseen by Student Life, dedicated to providing free and confidential services to survivors of Interpersonal Violence (sexual violence, relationship abuse, sexual harassment, childhood abuse, and stalking) as well as their allies. We also provide education, outreach, and training on the above topics as well as on consent, bystander intervention, and healthy relationships to the greater University community.

**Student Accessibility Services**

[http://www.unh.edu/studentaccessibility](http://www.unh.edu/studentaccessibility)

Student Accessibility Services (SAS) is committed to making sure that students with disabilities receive fair and meaningful access to all the programs, resources, and services that campus offers. SAS is responsible for helping students with academic and housing accommodations. We embrace the diversity of abilities as a source of strength and enrichment for the entire community. Our goal is to help students develop skills in empowerment, personal responsibility, and self-advocacy to make informed decisions that help them meet standards/expectations at UNH and beyond. Additionally, we strive to be a source of information, referral, and support for all members of the campus community.

[https://www.gradschool.unh.edu/](https://www.gradschool.unh.edu/)