Wellness at University of Kentucky
Our Goal: Becoming the best YOU at UK
Campus Recreation & Wellness Services

- Group Fitness & Personal Training
- Intramurals
- Club Sports & Outdoor Pursuits
- Student Wellness Service & Programs
Collegiate Recovery Community

- Providing a safe and supportive environment for students who are in recovery from alcohol and drug addiction
Disability Resource Center

• Provides students with short- or long-term disabilities with reasonable accommodations (academic or physical) in order to ensure their success while at UK.
Student Financial Wellness Center

- Empowers students through financial literacy, knowledge, and 1:1 financial coaching.
University Health Service

- Nutrition Education and Counseling
- Health Screenings
- Tobacco treatment
- Sexual Health Counseling
- Peer Education
University of Kentucky

Counseling Center

CONSULTATION AND PSYCHOLOGICAL SERVICES

- Free, Confidential
- Personal Counseling
  - Individual, Couples, Groups
  - Career Decision Making
- Workshops
- Relaxation Room
- Consultation

Walk-in appointments 9am - 3pm
Monday – Friday
24-hour Phone Consult: (859) 257-8701
Violence Intervention Prevention (VIP) Center

• Provides advocacy and education to prevent sexual assault and violence within our community.
Bias Incident Support Services

• Provides support and advocacy to those who have experienced violence or threatening or harassing behavior based on an aspect of their identity or perceived identity.
Additional Resources:

- Office of LGBTQ Resources
- Martin Luther King Center
- International Center
- Veteran’s Resource Center
- Student Organizations
- Stuckert Career Center
- The Study
- The Writing Center
- Center for Academic Resources and Enrichment Services (CARES)
- Student Support Services
Contact Us

Bias Incident Support Services
https://www.uky.edu/tbiss
(859) 257-3189

Campus Recreation and Wellness:
www.uky.edu/recwell

Collegiate Recovery Community:
(859) 257-7048

Disability Resource Center:
www.uky.edu/disabilityresourcecenter
(859) 257-2754

Financial Wellness Center:
www.uky.edu/financialwellness
(859) 218-6741

Office of LGBTQ Resources
www.uky.edu/lgbtq
(859) 323-3312

University Health Services PAWS Center:
www.ukhealthcare.uky.edu/uhs/health-education
(859) 323-2778

UK Counseling Center:
www.uky.edu/counselingcenter
(859) 257-8701

Violence Intervention and Prevention Center (VIP):
www.uky.edu/vipcenter
(859) 257-3574