

- Physician consultation** (by appointment only) — initial diagnosis, treatment for short-term illnesses, and physical examinations for program entrance
- Personal Counseling** — for mental/emotional health concerns
- Registered Nurse consultation — health assessment, advice, and referral to community resources
- Sexual Health** — information, condoms, pregnancy testing, emergency contraception, referrals for family planning and sexually transmitted infections
- Tuberculosis testing and treatment** — skin testing by appointment, chest x-ray referrals, INH therapy

### Fees

- Student Health Services is supported by the student health fee.
- Nominal fees are charged for laboratory tests, MD visits, physical exams, prescription medications from our clinic, immunizations.
- Cash or personal checks are preferred.
- Credit card payment is possible, but requires a special payment form from us to the Cashier's Office.

### Appointments

- 911 will be called for any life-threatening emergency.
- Urgent illness or acute injury will be seen as a "walk-in."
- Bring your immunization records before seeking more vaccinations.
- Appointments are encouraged.
- If you have to cancel an appointment, please give us 24 hours notice.
- Services are for currently enrolled students.



**When it comes to staying healthy, you don't have to go at it alone!**

### Confidentiality

- Medical records are confidential and cannot be released to anyone without your written consent.
- Exception is when information is subpoenaed by court order or is required by public health law.

### We are here to help!

How do we take care of the diverse needs of an entire student body? We do this by helping one student at a time. Our job is to help you be your vital and active best.

We provide nursing and physician consultation, medical advice, treatment of short-term conditions, referral, and educational services tailored to the individual and often unique needs of college students.

We have access to a broad spectrum of community health resources. We are dedicated to maintaining the highest level of service in a confidential, convenient, and caring professional setting.

Our goal is to provide information about healthy living and disease prevention. We sponsor health education and promotion events throughout the year.



Room SEC-104  
 3000 Mission College Blvd., Santa Clara, CA 95054  
 Phone: (408) 855-5140  
 Fax: (408) 567-0510  
 Email: [mc.health.services@wvm.edu](mailto:mc.health.services@wvm.edu)  
[www.missioncollege.edu/student\\_services/shc](http://www.missioncollege.edu/student_services/shc)



# STUDENT HEALTH SERVICES

**Our mission is to strengthen student learning, retention & success by supporting the physical, emotional & social well-being of students through accessible, high quality health services & programs.**

### Location

Room SEC-104, Student Engagement Center  
 (Across Welcome Center Front Lobby)

### Hours

**Monday—Thursday:** 9:30 A.M. to 5:00 P.M.  
**Fridays/Weekends:** Closed

### Check our website for Intersession hours

All hours are subject to change without notice. Intersession hours are limited. Last appointment 45 minutes before closing time. Office may be closed during meeting attendance. Student Health Services may close earlier if the maximum number of clients that can be served has been reached.

### Get Information

Health information pamphlets on topics such as:  
 Alcohol and other Drug Use  
 Birth Control Methods  
 Colds/flu  
 Diabetes  
 Domestic Violence  
 Hepatitis  
 High Blood Pressure  
 High Cholesterol  
 HIV/AIDS  
 Immunizations/Vaccinations  
 Nutrition/Weight Control  
 Sexually Transmitted Diseases  
 Stress/Mental Health Counseling  
 "Student Health 101"  
 E-magazine <http://readsh101.com/missioncollege.html>  
 A free e-health magazine on many health and wellness topics.

### Low Cost Medical Resources List

Optional medical, hospitalization, vision/dental insurance plans  
 Medi-Cal Healthy Families: (888) 747-1222  
 Application Assistance:  
 Santa Clara County Social Services 1919 Senter Rd., San Jose  
 1 (877) 962-3633

### Low Cost/no Cost services

**First aid** — for on-campus accidents or injuries  
**Health Screenings** — blood pressure, body fat analysis, height, weight, hearing and vision  
**Immunizations** — Hepatitis A, Hepatitis B, Measles/ Mumps/ Rubella, Tetanus/Diphtheria/Pertussis, Flu vaccine  
**Laboratory Services** — including blood and urine testing, cholesterol/lipid panels, throat cultures, and lab work ordered by our physician (fees must be paid at time of service)  
**Over-the-Counter Medications** — for common ailments to help you get through the day

**Get more involved**  
 We encourage you to participate in our Student Health Advisory Committee to offer suggestions about how we can better serve your needs. Call (408) 855-5140




<b>Community Mental Health Resources</b>
<b>211</b> - call this number for referral information on basic human needs, such as physical and mental health, employment
<b>24 Hour (EPS) Emergency Psychiatric Services – Santa Clara Valley Medical Center</b> 871 Enborg Ct., San Jose, CA 95128 (408) 885-6100
<b>Asian Americans for Community Involvement</b> 2400 Moorpark Avenue, Suite 300, San Jose, CA 95128 (408) 975-2730 Mental health counseling; many Asian languages spoken
<b>Bill Wilson Center 24 Hour Crisis Line</b> 3490 The Alameda Santa Clara, CA 95050 (408) 850-6125 Mental/ Physical/ Financial/Sexual problems and more
<b>Child Abuse Reporting Center</b> 408-299-2071; South County: 408 - 683-0601
<b>Elder Abuse - Adult Protective Services</b> 408 -928-3860
<b>Domestic Violence Community Solutions Crisis Line (24 hours)</b> 408-683-4118 <b>Next Door Solutions (24 hours)</b> 408 - 279-2962
<b>National Domestic Violence Hotline (24 hours)</b> 1-800-799-SAFE (7233)
<b>Drug Addiction and Rehab</b> <a href="http://www.rehabs.com/local/san-jose-ca/">www.rehabs.com/local/san-jose-ca/</a> A comprehensive website of resources and treatment options leading to the path of recovery.
<b>Emergency Housing Consortium Lifebuilders</b> 2011 Little Orchard Street, San Jose, CA 95121 (408) 294-2100
<b>EMQ Families First</b> - for child/adolescent after-hours/weekend emergencies. Mobile Crisis Program 1-408-379-9085 or Toll-free: 1-877-41-CRISIS (412-7474)

*Sometimes you just need to talk to someone... Start feeling better today...*

<b>Gateway— Alcohol &amp; Drug Screening, Information, and Referral</b> 1 (800) 488-9919
<b>Mental Health Urgent Care</b> is part of Santa Clara County Mental Health Department 871 Enborg Court San Jose, CA 95128 408-885-7855; after hours: 1-800-704-0900
<b>Mental Health Toll-Free Call Center</b> Toll-free: 1-800-704-0900 or 1-408-885-5673
<b>Momentum for Mental Health (Medi-Cal eligible)</b> 206 S. California Ave., Palo Alto, CA 94306 (650) 617-8340 2001 The Alameda, San Jose, CA 95126 (408) 261-7777 <a href="http://www.momentumformentalhealth.org">www.momentumformentalhealth.org</a>
<b>NAMI Santa Clara County</b> 1150 South Bascom Avenue, Suite 24, San Jose, 95128 Mon to Fri: 10 am to 2 pm 1-408-453-0400
<b>Safe Alternatives Shelter</b> (510) 794-6055 (24 hour hotline) Interpersonal violence, emergency shelter, temporary restraining orders
<b>SUICIDE AND CRISIS HOTLINE (24 hours)</b> Santa Clara County Mental Health Department 1-855-278-4204
Santa Clara County Mental Health Call Center (24 hours) 1 (800) 704-0900 Multi-lingual, Crisis Intervention, Referrals, Short-term counseling

<b>Sexual Assault</b>
<b>Community Solutions (South County)</b> 408-779-2115
<b>YWCA RAPE CRISIS - 24 hours</b> 408-287-3000 or 650-493-7273 Sexual Assault Crisis Line
<b>YWCA Domestic Violence Department Support Network</b> 375 South 3rd Street, San Jose, 95112 1 (800) 572-2782 Emergency shelter, legal advocacy, counseling
<b>Veterans Crisis Line</b> 1-800-273-8255 and press 1 or text message to 838255 to receive confidential support 24 hours a day, 7 days a week, 365 days a year. Veteran Affairs local Mental Health Clinics (8 am to 4:30 pm).
<b>VA San Jose Clinic</b> 80 Great Oaks Blvd, San Jose, CA, 95119, 408-363-3000
<b>VA Menlo Park Clinic</b> 795 Willow Road, Menlo Park, CA, 94025 650-493-5000, ext. 22234 This facility is primarily for rehabilitation, not acute mental health crisis.
<b>VA Fremont Clinic</b> 39199 Liberty St, Fremont, CA, 94538, 510-791-4000
<b>VA Palo Alto facility</b> 3801 Miranda Avenue, Palo Alto, 94304 650-493-5000 Mental health care is available on a 24/7 basis at Palo Alto Emergency Room, 3801 Miranda Avenue, Palo Alto, Ca, 94303. For Combat vets only, there is a non-medical "storefront" Vet Center at 278 N. 2nd St, San Jose, CA, 95112 408 -993-0829 Counseling services are available for veterans and their families.
<b>Voices United</b> (Silicon Valley Resource on Substance Use and Addiction) (408) 292-7292; Hope Line: 800/NCA-CALL Substance abuse counseling for individuals and families
<b>Free Online Mental Health Screening</b> <a href="http://screening.mentalhealthscreening.org/locator">screening.mentalhealthscreening.org/locator</a>



**STUDENT HEALTH SERVICES**  
SEC-104  
3000 Mission College Blvd., Santa Clara, CA 95054  
Phone: (408) 855-5140  
Fax: (408) 567-0510  
Email: [mc.health.services@wvm.edu](mailto:mc.health.services@wvm.edu)

## How do I know if I need professional help?

Get help if any of these symptoms are keeping you from enjoying life:

- Persistent sad, anxious, or “empty” mood
- Feelings of hopelessness, pessimism, guilt, worthlessness, and helplessness
- Loss of interest or pleasure in ordinary activities, ranging from schoolwork to sex
- Sleep disturbances (e.g. insomnia or oversleeping)
- Eating disturbances (e.g. decreased or increased appetite and weight)
- Decreased energy, fatigue, and feeling “slowed down”
- Thoughts of death or suicide; suicide attempts
- Increased restlessness and irritability
- Difficulty concentrating, remembering, and making decisions
- Physical symptoms - such as headaches, digestive disorders, and chronic pain that don’t respond to medical treatment
- Feelings of being completely alone, separate, or different, and not wanting to spend time with friends /or loved ones

