

**THE H&WS
GUIDEBOOK**

WELCOME TO SALT LAKE COMMUNITY COLLEGE'S HEALTH & WELLNESS SERVICES

Health and Wellness Services is a student-centered professional partner providing students with access to medical services, counseling, health promotion, and massage by utilizing integrated therapeutic approaches to health care. We believe that learning and health care are interdependent, and our mission is to guide and empower students to achieve both academic success and a lifelong pursuit of health.

FOLLOW US ONLINE!

We love social media and we know you do, too. Whether it's an opportunity for us to fill an open massage hour, alert you to ongoing health events, or tell you about a vaccination clinic, we'll keep you up-to-date on all your health care needs.

 **SLCC HEALTH & WELLNESS**









 **@SLCCHWS**

 **SLCCHWS**

WWW.SLCCHWS.WEBBLY.COM

WWW.SLCC.EDU/HW

TIPS & POLICIES

-  New to our services? Plan on being here at least 15 minutes early to fill out the required paperwork.
-  Please arrive on time for your appointment.
-  ALL no-shows, cancellations, or reschedules made within 24 hours of your scheduled *counseling* or *medical clinic* appointment will be charged a \$10 fee; the *massage therapy* no-show, cancellation, and reschedule fee is \$30. To avoid these fees, please call at least 24 hours before your scheduled appointment to cancel or reschedule.
-  Be courteous and respectful to our staff.
-  Please respect the privacy of other students and/or clients who may be waiting for their appointment.
-  Turn off your cell phone. If you must take a phone call, please step out into the main hallway.
-  You *must* be a currently-enrolled SLCC student and be attending classes in order to receive our services. If you are SLCC staff, you can make an appointment, but students are our first priority.
-  Although we prefer appointments, walk-ins are seen on a space-available basis.

Emotional ups and downs are a part of life, but sometimes things just get too difficult to handle alone. When you find yourself getting overwhelmed and just can't cope with the day-to-day stress, we're here to help.

Our mission is simple: cultivate mental health and emotional intelligence by providing individual, group, and couples counseling while supporting students as they achieve their personal, academic, and professional goals.

Our counseling staff is comprised of licensed social workers from diverse backgrounds who specialize in working with college students. We welcome *everyone* regardless of race, sex, ethnicity, religion, age, citizenship, physical status, or sexual orientation. Our staff can talk about *anything* that might be troubling you. No matter the need, seek help. It's what successful people do.

\$0

FIRST-TIME CLIENTS

\$10

ESTABLISHED CLIENTS
AND COUPLES

\$20

STAFF/FACULTY



\$0

FIRST-TIME CLIENTS

\$10

ESTABLISHED CLIENTS

\$20

STAFF/FACULTY

Our Family Nurse Practitioners provide evaluation, diagnosis, treatment and prescriptions (as needed) for many problems seen in an urgent care or family doctor setting, including:

- Cold, flu, or stomachache.
- Asthma, high blood pressure, diabetes.
- Stress and mood problems.
- Physicals, immunizations, cholesterol screenings.
- Pap smears.
- STI screenings.

There is no charge to see a medical assistant for routine immunizations, TB skin tests, pregnancy (urine) testing, and Plan B or any other test that does not require an in-office visit with the Family Nurse Practitioner. Any procedures, laboratory test(s) ordered, medications administered, or vaccinations given are an additional charge.

Making informed, healthy decisions about lifestyles and behaviors can be a challenge when combined with school, work, and life in general. It's easy to get caught up in an unhealthy cycle of fast food, late nights, and sometimes risky behavior. Breathe easy — we're here to help you navigate the waters of life.

In addition to focusing year-round on these topics ...

CONDOM CO-OP LOVE YOUR BODY DE-STRESS FEST SUBSTANCE ABUSE IMPAIRED DRIVING SLEEP HEALTH HIV/AIDS AWARENESS

...we also focus on these healthy living behaviors:

SAFE SEX EDUCATION COLD AND FLU AWARENESS STRESS MANAGEMENT HEALTHY LIFESTYLES THE STARVING STUDENT'S HEALTHY CHOICES COOKBOOK (ONLINE ONLY) GREAT AMERICAN SMOKEOUT ALCOHOL, TOBACCO, AND OTHER DRUGS (ATOD) PREVENTION SKILLS

As well, our Health Education Specialists hold regular workshops throughout the year on a wide variety of topics and can also make class presentations. Call us at 801.957.4268 to schedule a speaker.



Massage therapy and bodywork eases tension and stress; strengthens the mind/body connection; promotes a positive self-image; and helps prevent illness and other physical ailments. Our Licensed Massage Therapists offer the following:

AROMATHERAPY

The use of essential oils.

LYMPH DRAINAGE

Gently releases toxins in lymphatic fluids.

CRANIAL-SACRAL

Releases tension in the head and neck.

REIKI

Realigns your chakras.

DEEP TISSUE

Targets the sub-layer of muscles and fascia.

SWEDISH

Flowing strokes and firm pressure.

SPORTS

Focuses on specific muscle groups used the most for your sport.

PREGNANCY

Relieves muscular tension in the mother's changing body.

STUDENT PRICING

\$0

FIRST SEMESTER

(SEE COUPON ON PAGE 14)

\$20

HALF-HOUR MASSAGE

\$30

HOURLY MASSAGE

TAYLORSVILLE-REDWOOD CAMPUS MAP

LOCATION

STC 035/048
4600 S REDWOOD RD
SLC, UT 84123
801.957.4268

WHERE TO FIND US

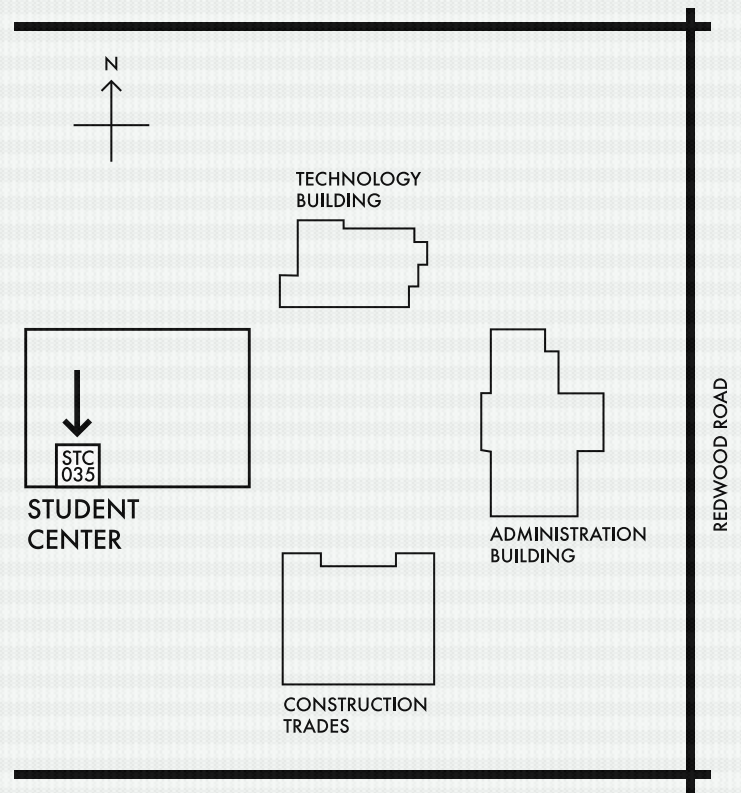
WE'RE LOCATED IN THE LOWER-LEVEL OF THE STUDENT CENTER, ALMOST DIRECTLY UNDER THE BOOKSTORE. TAKE THE SOUTH STAIRCASE DOWN, THEN TURN LEFT.

HOURS

M, T, F
8 - 4:30
W
10 - 4:30
TH
8 - 6

AVAILABLE SERVICES

COUNSELING
MEDICAL CLINIC
MASSAGE THERAPY
HEALTH PROMOTION



JORDAN CAMPUS MAP

LOCATION

JHS 011
3491 WEST 9000 SOUTH
WEST JORDAN, UT 84088
801.957.6211

WHERE TO FIND US

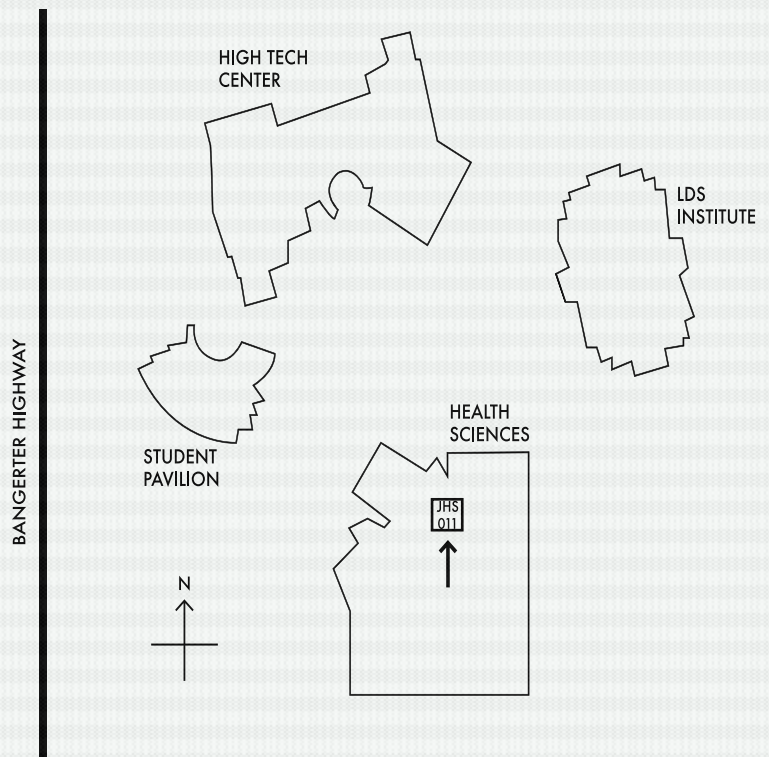
THROUGH THE HEALTH SCIENCES BUILDING
FRONT DOORS, IMMEDIATELY TURN RIGHT
AND GO DOWNSTAIRS TO THE FIRST LEVEL.
TURN RIGHT AGAIN THEN LEFT AT THE 1ST
HALLWAY. OUR CLINIC IS ON THE LEFT.

HOURS

T
10 - 6
TH
8 - 4

AVAILABLE SERVICES

COUNSELING
MEDICAL CLINIC
MASSAGE THERAPY
HEALTH PROMOTION



SOUTH CITY CAMPUS MAP

LOCATION

W 175
1575 SOUTH STATE ST
SLC, UT 84115
801.957.3323

WHERE TO FIND US

FROM THE STUDENT PARKING LOT, GO THROUGH EAST ENTRANCE, DOWN THE HALLWAY, GO LEFT PAST THE GRAND THEATRE. WE ARE LOCATED ON THE RIGHT-HAND SIDE OF THE HALLWAY.

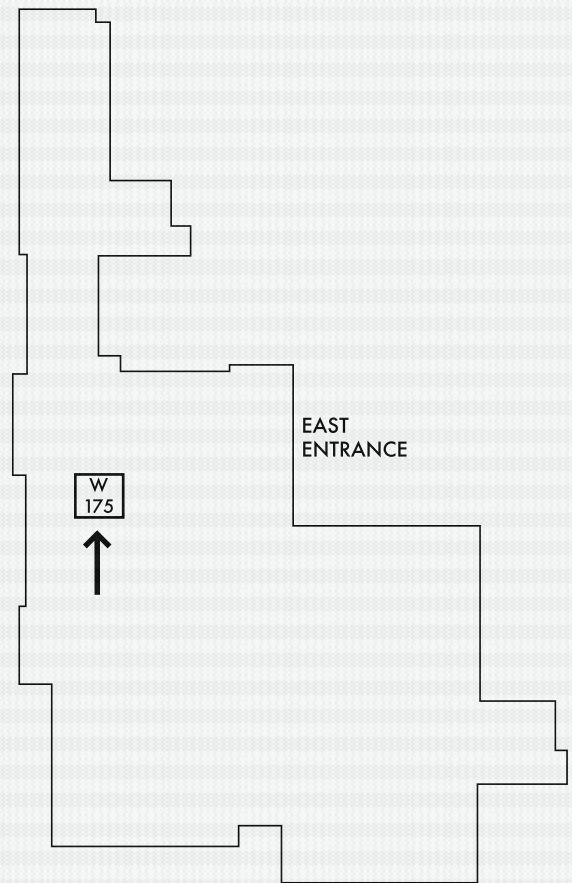
HOURS

M
8 - 4
W
10 - 4

AVAILABLE SERVICES

COUNSELING
MEDICAL CLINIC
HEALTH PROMOTION

STATE STREET





EMERGENCY RESOURCES

THE FOLLOWING ARE 24-HOUR
COMMUNITY RESOURCES THAT
CAN HELP WHEN WE CAN'T.

VALLEY MENTAL HEALTH

801-261-1442

NATIONAL SUICIDE PREVENTION LIFELINE

800-273-8255

UNIVERSITY NEUROPSYCHIATRIC INSTITUTE

801-587-3000

LDS HOSPITAL CRISIS HOTLINE

801-408-5060

EMERGENCY SERVICES

911



FREE MASSAGE COUPON

DID YOU KNOW THAT AS A CURRENTLY ENROLLED SLCC STUDENT YOU GET ONE FREE MASSAGE PER SEMESTER? JUST BRING IN THIS COUPON TO REDEEM YOUR FREE MASSAGE AT EITHER THE TAYLORSVILLE-REDWOOD OR JORDAN CAMPUSES (SEE PGS. 8 AND 10 FOR PHONE NUMBERS). YOU MUST BRING YOUR STUDENT ID ONECARD WITH YOU AT TIME OF APPOINTMENT.

**WE
DO
IT
ALL.**



Step Ahead.

Health & Wellness Services

AA/EO INSTITUTION