

STUDENT HEALTH SERVICES

Student Health Services

Student Health Services (SHS) provides quality and accessible medical care and mental health services and education for students. SHS partners with the City of Long Beach and the surrounding community to provide comprehensive clinical services and no-cost or low-cost care. SHS engages students in making informed decisions about their health care, empowering them to be self-directed health care consumers.

All students who have paid the Student Health Center fee may utilize medical and mental health services at no additional charge. Regardless of insurance coverage, students are eligible for basic health services and mental health support at the Student Health Center.

Medical Care Services

SHS provides medical care through the services of nurse practitioners, registered nurses, and health service technicians. SHS embraces a holistic and collaborative approach to the wellbeing of students by offering wellness education, preventative services, and other medical care services. SHS is attentive to the diverse health needs of all students and confidentiality is always respected. Below are some services provided through the health care fee.

Medical Care Services Offered

- Acute Illness
- UTI Testing
- Pregnancy Tests
- STI Referrals & Testing (LB Dept. of Public Health)
- Birth Control Counseling
- Nutrition and Disease Consults
- Health Education
- Physicals
- Immunizations
 - Flu
 - TB Screens
 - Hepatitis B
 - Tdap vaccines
- Health Care Referrals

Workshops and Events

- The Body under Stress
- Eating Intuitively
- Nutrition 101
- Freedom from Smoking
- Healthy Heart
- STI Prevention and Protection
- Nutrition Budget and Snacks
- Vaping and Hookah Dangers
- Walking Wednesdays
- Wellness Fest

Mental Health Services

Mental Health Services (MHS) is committed to promoting student mental health and wellbeing, and strives to help students achieve their academic, professional, and personal goals. Social and Emotional Health Services

are provided by Licensed Clinicians or Graduate Interns. Confidentiality is always respected with services. For more information or to schedule an appointment, call 562-938-4210 (LAC) or 562-938-3992 (PCC).

Social and Emotional Health Services Offered

- Short Term Therapy
- Anxiety and Panic Disorders
- Depression
- Eating Disorders
- Relationship Issues
- Academic Stress
- Stress Management/Anger Management
- Substance Abuse
- Suicide Prevention
- Same Day Appointments Available for Students

Workshops and Events

- Mindfulness: Finding Peace
- Self Esteem
- Substance Misused Awareness
- Stress Management
- Holiday Blues
- Art of Wellness
- Laughter
- Healthy Relationships
- Depression
- Anxiety
- Mental Health Awareness Month
- Movies for Mental Health