

## ALCOHOL, DRUG AND TOBACCO USE

For assessment, intervention, treatment or support, there are many good agencies in the metro area. For assistance in locating them, contact the College Health Service.

## STRESS MANAGEMENT AND CRISIS INTERVENTION

Stress can present itself in many ways, and creates both physical and emotional symptoms. A crisis is a situation in which you feel out of control and you are not sure how to regain it. Contact the College Health Service and Counseling Department for information or intervention options.

## SEX EQUITY ISSUES

Information is available at the Health Service pertaining to college policies on sexual harassment, as well as assault prevention materials and counseling resources.

## HEALTH INSURANCE

A group plan is available for students enrolled in 6 or more credits in the MnSCU College system. Information and application forms are available in the College Health Service – East Campus, and the Counseling Department – West Campus.

**Phone 651.779.3954**

**Location East Campus rm 2232**

**Hours M-T-F, 8 am-2 pm**

**W-TH, 8 am-4 pm**

**An RN is available during these hours.**

CENTURY  
COLLEGE



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1.800.228.1978  
**century.edu**

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Health  
Services

Special Needs  
Immunizations  
First Aid  
Health Screening  
Over-the-Counter  
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Mental Health Services  
Sexual Health Services  
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Tobacco Use  
Stress Management  
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Health Insurance

Health  
Services

# Health Services

## First Aid

The College Health Service can assist with first aid, illness or injury while you are on campus. When the Health Service is closed, first aid may be obtained from Public Safety at 651.747.4000.

## Special Needs

If you have a disability or a medical condition that requires monitoring, the health service will provide assistance upon request. For information regarding resources and accommodations for disabilities, contact the Access Center or the Health Service, 651.779.3477 or 651.773.1715 TTY. Fax is 651.779.5831.

## Immunizations

The College Health Service is in compliance with the College Immunization Law, effective July 1, 1990, for students born after 1957. Clinic sites for required immunizations are available upon request. Mantoux tests are offered by the College Health Service for those students in the college programs that require them.

## SERVICES AVAILABLE

### DOCTOR ON CAMPUS

One morning a week a doctor will be on campus available to credit students only at no charge. See the web for appointments and walk-in hours.

### HEALTH SCREENING

The College Health Service will check blood pressure and weight on a walk-in basis.

### MEDICAL SERVICES

The College Health Service offers over-the-counter medications at no cost and referrals for medical care. We have a cot room/lactation room for use. Tuberculin skin tests are offered for a fee.

### DENTAL SERVICES

Preventative care and x-rays are provided on campus for a nominal fee. There are dental clinics in the metro area that will provide services for students with a sliding fee. Contact the Dental Clinic for details: 651.779.5787.

### MENTAL HEALTH SERVICES

The College Health Service provides selective counseling and referrals to appropriate health agencies. The Counseling Department offers academic and personal counseling, as well as referrals to necessary agencies.

### SEXUAL HEALTH SERVICES

The Health Service provides pregnancy tests, condoms and information and referrals for care and counseling regarding contraceptives, sexually transmitted diseases, AIDS, HIV testing, and other sexual health issues.

### HEALTH EDUCATION

Printed materials are available on a wide variety of health related topics.

### NUTRITION INFORMATION

The Health Service provides information on nutrition, sources for weight control, as well as information on eating disorders. Resources for assessment and treatment are available upon request.