CRISIS INFORMATION

EMERGENCY

911 in a life threatening emergency or go directly to the nearest emergency room.

CRISIS HOTLINES

- National Hopeline Network Suicide Crisis Hotline 1-800-SUICIDE (1-800-784-2433)
- National Suicide Prevention Hotline 1-800-273-TALK (1-800-273-8255)
  1-800-799-4TTY (Deaf Hotline)
- Merced County Behavioral Health and Recovery Services (209) 381-6800 (24/7)
- Crisis Text Line Text COURAGE to 741741
- Valley Crisis Center Domestic Violence & Sexual Assault (209) 722-4357 (24/7)

CAMPUS POLICE DEPARTMENT

(209) 384-6054 (Informational)
(209) 386-6600 (Emergency)

LOCATIONS

MERCED CAMPUS
Student Union Building
(209) 384-6045

LOS BANOS CAMPUS
Student Services Building-A
(209) 386-6716

CONTACT INFORMATION

www.mccd.edu/resources/health
shs@mccd.edu

EMERGENCY

Visit our website for current hours of operation.

STUDENT HEALTH SERVICES AND PERSONAL COUNSELING
MISSION STATEMENT
To provide students with services, education, and resources necessary to make responsible, informed choices regarding their physical and mental health and well-being.

GOALS
- To provide students with basic health and wellness services
- To help students develop a responsibility for their own health
- To increase student awareness of community health care providers
- To offer resource information regarding health interests and concerns

ELIGIBILITY
All Merced College students who are enrolled in the current semester and have paid the Student Health Fee are eligible for services. Proof of current enrollment is required. All students must present their Merced College student ID at the time of service.

PERSONAL COUNSELING
OUR SERVICES
Personal Counseling services are available to currently enrolled students at Merced College.

Counseling provided is short-term and available during the Fall and Spring semesters.

Appointments can be made by calling or stopping by Student Health Services.

Some reasons students may seek out these services:
- Adjusting to college life
- Anxiety
- Depression
- Family relationships
- Relationship issues
- Grief
- etc.

RESOURCES
Community resource information and referrals are also available. Students with long-term counseling needs will be evaluated and referred to community resources.

For additional information about Personal Counseling services, please visit:
www.mccd.edu/resources/health/personal-counseling.html

HEALTH SERVICES
OUR SERVICES
Health & Wellness Education
Basic Health and Wellness Services
Over the Counter Medications
First Aid
Tuberculosis (TB) Testing
Pregnancy Testing
Condoms
Community Resource Information

EVENTS
Educational workshops and activities on a variety of health and wellness topics are provided throughout the year. Visit the Student Health Services Calendar of Events web page for the most current list of upcoming events.

CAMPUS WELL BY STUDENT HEALTH 101
CAMPUS WELL is an online magazine that provides the latest updates on health and wellness for college students. This monthly, interactive online magazine covers topics such as:
- Nutrition and Exercise
- Healthy Recipes
- Cold, Flu, and Contagious Diseases
- Reducing Stress
- Sexuality
- Violence Prevention
- Mental Health
...and more!