

## Personal Wellness Services Continued...

### Services Provided

- Consultation for behavioral health issues
- Psychotherapy Services
  - Assessment
  - Crisis Intervention
  - Brief supportive psychotherapy
  - Couples and family psychotherapy on a select case by case basis
  - Case management
  - Referral to community services
- Prevention and Wellness Workshops
- Partnerships with the Community including:
  - Referrals for psychiatric and Psychological long-term treatment and follow-up care
  - Referrals for urgent care services
  - Guest speakers from the community

For more information or to make an appointment for Personal Wellness Services please contact:  
619-421-6700 Ext 5279

**Personal Wellness Services  
is located in the  
Cesar Chavez Building,  
Counseling Center, 2<sup>nd</sup> Floor**

<b>HEALTH SERVICES</b> Locations and Hours <i>(Hours subject to change without notice)</i>	
LOCATION	SERVICE HOURS
<b>Chula Vista Campus</b> <b>619-482-6354</b> Student Center, Rm 601F 900 Otay Lakes Road Chula Vista, CA 91910	Monday - Thursday 8 AM – 6:30 PM Friday 8 AM – 3 PM <i>Closed: Saturday &amp; Sunday</i>
<b>National City (HEC)</b> <b>619-216-6665 Ext. 4855</b> Room 7204 880 National City Blvd. National City, CA 91950	Monday 7:45am – 1:30pm Wednesday 4pm – 6:30pm <i>Closed: Tuesday, Thursday, Friday, Saturday &amp; Sunday</i>
<b>Otay Mesa (HECOM)</b> <b>619-216-6750 Ext. 6758</b> Room 4501 8100 Gigantic Street San Diego, CA 92154	Tuesday & Wednesday 1pm- 5pm <i>Closed: Monday, Thursday, Friday, Saturday &amp; Sunday</i>
<b>San Ysidro (HECSY)</b> <b>619-216-6790 Ext. 4909</b> Room 5108 460 W. San Ysidro Blvd. San Ysidro, CA 92173	Monday 4pm – 6:30pm Thursday 8:00am – 1:45pm <i>Closed: Tuesday, Wednesday, Friday, Saturday &amp; Sunday</i>

### Our Staff

Health Services and Personal Wellness Services is professionally staffed with a physician, psychologist, registered nurses as well as support staff experienced in meeting the health needs of college students.

HS brochure updated 08/09/2016



# Health Services

Southwestern Community College District promotes student learning and success by committing to continuous improvement that includes planning, implementation, and evaluation. We serve a diverse community of students by providing a wide range of dynamic and high quality academic programs and comprehensive student services.



**619-482-6354**  
**619-482-6559 Fax**

## Welcome to Southwestern College Health Services

The established philosophy of Health Services is to promote, encourage, and assist the students and staff to maintain good health and safety habits for themselves, their family, and their community, while in pursuit of their educational goals and objectives.

## Eligibility / Cost & Fees

If you are currently enrolled in classes at Southwestern College and have paid the health fee, you are eligible for general office visits and Personal Wellness visits. Fees are charged for some services, such as blood testing or immunizations.

## Student Accident Insurance

Accident insurance is provided for campus or college activities. To be eligible for accident insurance, students must notify their instructor and/or Health Services immediately and must be currently enrolled in the class. This insurance is secondary to any privately held insurance coverage and a deductible will apply.

Additional accident/illness insurance plans are available to all students at low-cost premiums. Brochures are available in Health Services.

## Confidentiality / Medical Records

Your medical record is confidential and will only be released to another individual or facility by your written request and signed release, except as otherwise required by law.



## Services

- Blood Pressure Screening
- Body Fat Calculation
- Doctor Consultation by appointment
- Emergency / First Aid
- Health Counseling
- Health Education Information
- Health Education Workshops
- Mental Health Counseling & Referral
- Over the Counter Medications
- Pregnancy Testing
- Referral Services
- Tuberculosis Skin Testing
- Vision Screening

***The following is provided for a nominal fee***

Blood Testing:

- Cholesterol / Lipid Profile
- Glucose (Sugar)
- Hemoglobin (Iron)

Immunizations:

- Hepatitis B
- Tetanus, Diphtheria, & Pertussis (Whooping cough)
- Influenza (*available during flu season*)



## Personal Wellness Services

The overall purpose of the Personal Wellness Services at Southwestern College is to provide high quality behavioral health care to students in order to support the student's emotional well being, academic success and retention at the college.

If you are currently experiencing a crisis in your life, we offer help by providing student's with access to psychotherapy and other supportive services through the Personal Wellness Services.

These services include brief, supportive, individual psychotherapy sessions, couples and family therapy on a select basis and emotional well being workshops provided by a Licensed Psychologist or a registered Marriage and Family Therapist Intern.

## Program Objectives

- Help manage, contain, and resolve behavioral health symptoms resulting from stress or a personal crisis
- Optimize student psychological, social and academic functioning
- Enhance coping skills
- Facilitate emotional well-being, student success and retention
- Prevent decline in psychological, social and academic functioning