

Physical Health and Wellness Services



Ask a nurse a question:

E-Mail: SACHealth_Center@sac.edu

Physical Health Services Available For:

- Birth control and Family Pact
- Blood pressure
- Dermatology
- Emergency contraception*
- First aid treatment
- Flu immunization*
- Hearing test
- Laboratory tests*
- Physical examination*
- Spirometry*
- STD testing and treatment*
- Tuberculosis (TB) skin test*
- Urine drug test*
- Vision screening

**Most services are FREE
for enrolled students.**

A physician is available by appointment on
Wednesday and Thursday.



Mental Health and Wellness Services

Mental Health Services Available For:

- Anger management
- Anxiety or stress management
- Depression/Lack of motivation
- Domestic violence
- Family and social relationships
- Life transitions
- LGBTQ related support
- Self-esteem/self-worth
- Sleep disturbances
- Substance use and abuse
- Sexual assault

NOTE: **Safe Harbour
Sexual Assault Support**



Outreach:

- Paws-4-Stress Relief
- Wellness workshops
- Social support groups
- Walk in, same-day appointments for personal concerns



Community Partners

Resources and/or referrals to off-campus collaborations available to address student

- Affordable Care Health insurance
- Drug and alcohol abuse
- E-cigarettes and vapor
- Exercise
- Hunger or Homeless Assistance
- Nutrition/Eating Disorders
- Sexual assault
- Tobacco cessation
- Weight maintenance

Health Education brochures for off-campus partners are also available.

Confidentiality

Health professionals are legally and ethically bound by confidentiality. Information is not released to campus officials, faculty members, parents, or outside agencies without the student's permission. Exceptions to confidentiality arise when concerns involve child or elder abuse, homicidal or suicidal ideations, or with court orders.