STUDENT HEALTH SERVICES NEWSLETTER

February 2024

805-922-6966, ext. 3212



HOW HEALTHY IS YOUR RELATIONSHIP?

In an intimate relationship, we deserve to feel appreciated and supported. Learn what a healthy relationship looks like and which behaviors will never work!

Check out Campus WELL, to take a relationship quiz!



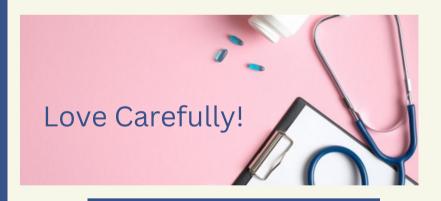
CURRENT HOURS OF OPERATION:

Student Health Services hours:

- Mon & Tues: 8:30 6:00
- Wed & Thurs: 8:30 4:30
- Fridays: 9:00 1:00

Lompoc Valley Center

- Health Center TEMPORARILY closed
- Mental health counseling remains available
- Please call ext. 3212 for assistance



LET'S GET REAL ABOUT STI'S!

STI's are treatable and manageable and common!
Check out Campus WELL!
The Center is providing testing on Feb 14th and 28th!

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ACUPUNCTURE & MASSAGE CLINIC EVERY WEDNESDAY!

Feb 14th: 9 - 12

Stop by for some much needed self care!



HOW TO MAKE AN APPOINTMENT

Main Phone Number: 805-922-6966, Ext. 3212

Request Appointment Online



Main Contact email: studenthealth@hancockcollege.edu

You are also welcome to stop by the health center to make your appointment!

More information available on our webpage.

HOW TO ORDER ITEMS

Two vending machines with free medications and other items located in building W and the Student Center.

You can also order items to be picked up at the health center by completing this <u>form</u>.



Telehealth Made Easy for Higher Ed

A California Company

Student Health Services Custom Order

Complete the following order form with your request and we will have your order ready for you to pick up with 24-48 hours. Schedule is subject to change, please refer to our hours on our website or call (805) 922-6966 x 3212 for more information.

When order is ready, pick-up will be available at Student Health Center in building W at the Santa Maria Campus. Please park in parking lot 6, remain in your car, and call (805) 922-6966 x 3212 when you are outside, Someone will meet you with your order.

Please limit your order to a max quantity of 10 per item. Thank yo



* Required Ibuprofen Temporarily relieves minor aches and pains associated with: headaches, backaches, common colid, minor arthritis pain, toothache, menstrual cramps, and muscular aches. Please indicate below how many packets you would like.

THE VIRTUAL CARE GROUP

The Virtual Care Group provides FREE 24/7 mental health services for Credit and Non-Credit students. Please visit this site to sign up.

