

Health & Wellness Resources for Veterans

STUDENT HEALTH SERVICE 503-768-7165

www.lclark.edu/offices/student_health_services



Offers confidential services to all students regardless of insurance coverage, including:

- Evaluation and treatment of illnesses and injuries
- Physical exams: general check-up, well women, travel
- Laboratory services, vaccinations, allergy injections
- Medication prescriptions
- Travel consultations and vaccinations
- Referral to off campus providers and specialists

Hours:

Walk-in Urgent Care Clinic (no appointment needed):

8:00 – 11:30 a.m. Monday-Friday

Appointments: 1:00 – 4:00 p.m. Monday-Friday

Appointments needed for Physician, women's health, travel medicine

After hours: Nurse Consultation phone service 1-800-607-5501

Available to all students 4:00 p.m. – 8:00 a.m. Monday-Friday,
24 hours a day on weekends and holidays

STUDENT SUPPORT SERVICES

503-768-7156 www.lclark.edu/offices/student_support_services

Provides accommodations and support to students with learning differences and disabilities

COUNSELING SERVICE 503-768-7160

www.lclark.edu/offices/counseling_service



Provides free counseling services to students, including:

- Assessment of needs
- Individual, confidential counseling
- Crisis intervention
- A resource library of self-help books and pamphlets
- Referrals to community resources when appropriate

Hours: Monday-Friday 8:30- Noon and 1- 4:30 p.m. (evening hours available by appointment until 7 p.m. Wednesdays)

Think you might have a problem or need to talk with a counselor, but you're not sure? Go to the Counseling Service website to take a free, anonymous, and confidential screening for depression, anxiety, problems with alcohol, post-traumatic stress disorder, bipolar disorder, and eating disorders. See if you might benefit from talking with someone.

HEALTH PROMOTION & WELLNESS

503-768-8225

www.lclark.edu/offices/health_promotion_and_wellness

Primarily serves the undergraduate population. Can give referrals to all students for on and off campus resources regarding stress management, emotional self-care, relationships, substance use, and other available services.

Hours: 8:30 a.m. – 5:00 p.m. Monday-Friday