

# Health Services

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## About Health Services

Student Health Services offers both medical and mental health counseling services. Medical services include care provided by registered nurses and nurse practitioners. Counseling and mental health services are provided by Licensed Clinical Social Workers, Licensed Marriage and Family Therapists, Licensed Professional Clinical Counselors, and pre-licensed counselors and associates.

The student health fee, paid on enrollment, funds the operational expenses of Health Services. Most services are provided without any additional cost to the student. You can request an appointment through the Health Services webpage.

## Medical Services

Medical services include the following:

- ▶ Low-cost laboratory testing
- ▶ Low-cost prescriptions, prescription refills, and prescription assistance programs
- ▶ Tuberculosis clearance for employment and other programs
- ▶ Physical examination
- ▶ Health education, information, and referrals.

## Mental Health Counseling

Some common reasons to seek mental health counseling include the following:

- ▶ Generally overwhelmed with life
- ▶ Difficulties at school or work
- ▶ Stress and anxiety
- ▶ Depression
- ▶ Grief
- ▶ Difficulty with sleep
- ▶ Relationship challenges
- ▶ Substance abuse
- ▶ Concerns about eating
- ▶ Sexuality
- ▶ Gender identity
- ▶ Traumatic life experiences
- ▶ Pressure/trauma related to marginalization.

## Locations and Contact Information

- ▶ Oceanside Campus: Building 3300, Room 3326. Phone: 760.795.6675
- ▶ San Elijo Campus: Building 900, Room 917. Phone: 760.757.2121, ext. 7747
- ▶ Email: [mccshs@miracosta.edu](mailto:mccshs@miracosta.edu)
- ▶ Social media: Facebook Instagram