

USE YOUR STUDENT HEALTH CENTER

QUESTIONS ABOUT PEER HEALTH ADVISING?

It has been my experience while working as a Peer Health Advisor, that a few questions are commonly asked by students seeking help (for themselves or others) with regard to substance abuse or dependency:

Q: I am afraid to go to the Health Education Center or the Peer Health Advising Office. Won't everyone think I have a problem?

A: Students come in and out of our offices for a variety of reasons. Some want information for a class or term project, others for personal reasons; there is no stigma attached to visiting us. We are here to help and confidentiality is always top priority.

Q: If my roommate has a problem with substance abuse, won't s/he get angry with me for talking about it?

A: It is very common for people who are in trouble with chemicals to be defensive about their 'use'. Many people die because concerned people do not know about the "intervention" techniques. There are free classes currently being taught about intervention by professionals at Serenity Lane, a Eugene community agency.

Q: If a friend of mine has a problem with chemicals (eating disorder or dysfunctional relationships), won't they outgrow it?

A: There is strong evidence that people who have any (or all) of these problems have come from a dysfunctional family system - a system where the child's needs couldn't be met. Consequently, in order to cope, the child learns dysfunctional patterns. Unless the old behaviours are challenged and new patterns of relating and coping are established, the prognosis for spontaneous, beneficial change is poor.

Estelle Seeley
Substance Abuse Peer Health Advisor

If you or a friend have more questions or would like some help dealing with these issues, Peer Health Advisors are available at the Student Health Center.

Your Student Health Center - sponsor of **WELL NOW** - offers health and medical care services to all fully registered students at the U of OR. We encourage you to utilize our services and save yourself (or your parents) lots of money on your health care needs.



Hours of Service

Regular Clinic (M-F)	8:00AM - 4:30 PM
Saturday Clinic	8:00AM - Noon
Urgent Care (M-Sat)	8:00AM - 8:00PM
Sunday Urgent Care	Noon - 8:00PM

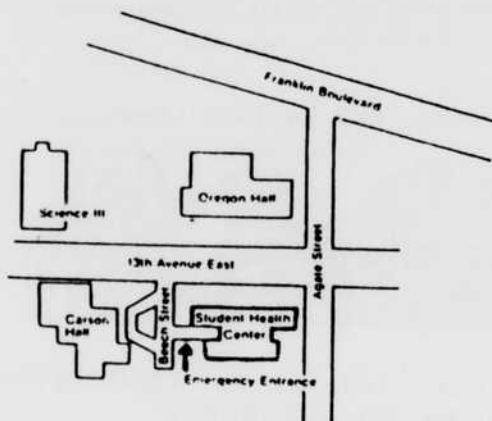


ASK DR. WELLNESS

If you have any questions regarding health, that you'd like to ask, just write your question on a slip of paper (no names necessary), and put it in the 'Dr. Wellness' Question Box located just outside the Health Education Center (in the Student Health Center). Or send to:

'Dr. Wellness', Lifestyle Planning Program,
University of Oregon
Eugene, OR 97403.

Answers will be printed as space permits.



WELL NOW...

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