

THE STUDENT HEALTH CENTER...

Is located on the corner of 13th and Agate and is available to all currently registered U of O students. Appointments may be made by telephone or in person by calling 686-4441. Students may make appointments between the hours of 8:00 a.m. and 4:30 p.m. Monday through Friday, Saturday hours are 8:00 a.m. to 11:30 a.m. Urgent care is also provided to students during regular hours, on Saturday from 8:00 a.m. to 8:00 p.m., and on Sundays noon to 8:00 p.m.

A variety of medical services are available at the Health Center and these include:

General medical care and treatment, including clinical gynecology, family planning and counseling, and minor surgery. Major surgical procedures are referred elsewhere.

Limited emergency service during regular school terms. Major emergencies are referred to hospitals located near campus.

Routine laboratory procedures and X-rays.

A licensed pharmacy

Psychiatric counseling services by a psychiatrist

Sports medicine rehabilitation and physical therapy

Allergy skin testing.

Dental Program

Routine check-ups are free of charge while pharmacy and other procedures may require a fee. All students served must present a current U of O identification card.

UPCOMING HEALTH EDUCATION PRESENTATIONS

Free to all students

Tuesday, Nov. 17th
6:30 - 8:00 in Bean West Conference Room

SUBSTANCE USE AND ABUSE: DRAWING THE LINE

Keynote speaker: Jerry G. Jesvold of Serenity Lane

Smaller presentations will follow the keynote presentation on:

FRIENDS OF SUBSTANCE ABUSERS HOW TO HAVE FUN WITHOUT ABUSING

If you are interested in information on smoking cessation, compulsive eating, responsible drinking, or the family dynamics of the alcoholic family, watch the Et. Al in the Emerald and dorm bulletin boards for future presentations.

A VISIT TO THE PSYCHIATRIST

By Renee Harting

The Student Health Center has on staff three part-time psychiatrists for University students with psychological concerns. As with the other services offered at the Student Health Center, the cost is free to students. Appointments can be made at the front desk, using the same procedure as seeing any physician at the Health Center.

The staff psychiatrists are available to help with problems one might be having, whether they are:

- Coping with stress
- Culture shock
- Homesickness
- Relationship problems
- Eating disorders
- Depression
- Concerns with career

issues

- Anxiety

These are just a few of the concerns students have consulted psychiatrists about.

If you have a problem that is of concern to you and it has you feeling upset and confused, don't feel that your problem doesn't deserve some professional advice. We all encounter "down times" in our lives and seeking professional help doesn't mean you are mentally ill — it means you are looking out for yourself and confronting your difficulties. So if your mental health needs a boost in the right direction, don't hesitate to make an appointment with one of the staff psychiatrists. You'll be glad you did.

STRESS MANAGEMENT RESOURCES ON CAMPUS

All resources are free to students unless otherwise indicated.

University Counseling Center

686-3227

Located on 2nd floor of Student Health Center, entrance in the parking lot.

Services provided include:
-individual counseling
-biofeedback training
-various support groups
-24-hour Crisis Hotline
686-4488

Student Health Center

686-4441

Located across 13th from Oregon Hall.

Services provided include:
-individual counseling with a psychiatrist
-individual counseling with a Peer Health Advisor from the Lifestyle Planning Program
-medical assessment of physical symptoms*
-books and pamphlets on subjects in Health Education Center

Academic Learning Services

686-3226

Located in the Main Library, Room 108.

Services provided include:
-classes offered in study skills**
-individual counseling to improve study skills

Department of School and Community Health

686-4119

Located in Esslinger, Room 250.

Services provided include:
-classes in stress management**

*Fee for X-ray, lab, medications, sports medicine, physical therapy and special procedures.

**Classes given for credit involve regular tuition fee.