



Western Oregon
UNIVERSITY

SHCC

Student Health and Counseling Center

- Medical Care
- Preventative Health Care
- Women's Health Services
- Immunizations
- STI Testing
- Wellness Education
- Counseling
- No appointment needed free products
- Health and Wellness Information



Contact Information:

Email: health@wou.edu
Medical: (503)838-8313

Wolf Ride:

Monday-Sunday
5:00 pm to 12:00 am
503-428-7238

Public Transportation

<https://www.cherriots.org/route/40X/>

Our Hours:

Monday—Thursday
8:00 am to 5:00 pm
Friday
9:00 am to 5:00 pm

Confidentiality:

The WOU SHCC promises we will not share your health information. WOU SHCC staff are the only people who can see your health information.

What Can The Health & Counseling Center Do For You?



Come early and come often! The WOU SHCC wants to help students early so that their troubles don't affect their life. The medical and counseling centers have many people trained to help WOU students with physical and mental health. Male and female staff are available, and students can choose the staff that they want to see. There is no limit to how many times students can go. Just call, walk in, or send an email to make an appointment. Remember if you don't show up for your appointment there is a **\$50 charge**.

Counseling



- Individual/group/couples counseling
- Depression
- Stress management
- Relationship issues
- Eating disorders
- Test anxiety
- Sexual assault
- Physical, Sexual, and Hate-Based harassment
- Grief and loss
- Sexuality issues
- Psychological trauma- damage to a person's mind because of a hurtful event
- Adjustment to school
- Substance abuse- alcohol and drug
- Self esteem
- Issues with roommates
- Performance anxiety
- Phobias - fears
- Life planning - helping plan on how to live an active life with mental illness
- Referral information - information about other services nearby
- Limited mental health testing
- Mental health prescriptions/ medications
- Lending library - mental health books that can be borrowed
- Rest & Recreation (R & R) room
- Workshops
- Outreach programs

Medical



- Treatment of acute injury and illness:
 - Headache
 - Vomiting
 - Sprained ankle
 - Cuts
 - Burns
 - Ear pain
 - Rash
 - Cough
 - Injury from falling
 - Sore throat
- Help with the care of chronic illness:
 - Anemia
 - Diabetes
 - Asthma
 - Allergies
- Women's health care:
 - Birth control counseling
 - Pap smears
 - Breast exams
 - Pregnancy testing and counseling
- Sexually Transmitted Infection (STI) testing, counseling, and confidential HIV testing
- Laboratory testing
- Medication dispensary for common illnesses
- Sports, travel, and work physicals
- Immunizations:
 - Measles, Mumps, Rubella (MMR)
 - Hepatitis B
 - HPV
 - Tetanus
 - Pertussis (whooping cough)
- Nutritional Counseling
- In office procedures:
 - Wart treatment
 - Abscesses
 - Wound care
 - Laceration repair

You Pay For Insurance So USE It!

If you visit the WOU SHCC and are charged extra for care you received, you can let your insurance company know and they may pay you back. Here are the steps to take:

1. Get a copy of the billing slip from the WOU SHCC.
2. Pay your bill at the WOU Business Office and make sure to get a receipt.
3. Send both forms to the address on your insurance card.
4. Your insurance company may send you a check in the mail for the amount you paid.
5. For more details please go to: <http://www.wou.edu/health/students/international-students/>

No Appointment Needed FREE Products

Condoms

Condoms lower the chance of getting a sexually transmitted infection (STI). Chlamydia, Gonorrhea, HPV, Syphilis, Herpes, HIV are some examples of STIs. Condoms help block STIs from getting into your body when having sex. The health center has free condoms you can get without speaking to anyone.

Quit Kits

Smoking increases the chance of getting serious health problems like cancer, heart disease, and stroke. Smoking also decreases the chance for having kids and increases the chance of having a baby with low birth-weight. Quitting can decrease the chance of these diseases and death. It's not too late to stop! The SHCC has free kits to help you quit; just walk in!

Medicine

The health center has some free medicine for students. The medications include: phenylephrine (used for a stuffy nose), acetaminophen, and ibuprofen (both are used to lower a fever and help with mild pain). The medications are found in a drawer in the lobby. If students have questions about the medications, staff can help.

Cold Kit

Sadly, there is not a cure for a cold, but the SHCC has packages of medicine, which can help you feel better. Come in when you are sick to get this kit.

Other Health Care Near WOU

Emergency Room

Salem Health

Phone

(503) 561-5200

Address

890 Oak St SE Salem, OR
97301

Good Samaritan

Phone

(541) 768-5111

Address

3600 NW Samaritan Dr Corval-
lis, OR 97330

Pharmacies

Hi-School Pharmacy

Phone

(503) 838-2047

Address

1357 Monmouth St
Independence, OR 97351

Bi-Mart

Phone

(503) 838-0547

Address

444 Pacific Ave S

Hotlines

Polk County Mental Health

(503) 623-9289

Psychiatric Crisis Center

(503) 585-4949

National Suicide

Prevention Lifeline

(800) 273-8255

LGBTQ Suicide Hotline

(866) 488-7386

Urgent Care

Emurgent Care

Phone

(503) 623-3199

Address

109 E Ellendale Ave
Dallas, OR 97338

Zoom+Care

Phone

(844) 966-6777

Address

2990 Commercial St SE #160
Salem, OR 97302

QuickCare

Phone

(541) 754-1369

Address

2001 NW Monroe Ave Suite
104
Corvallis, OR 97330

Campus Services

Campus Security

Office

(503) 838-8481

Emergency

(503) 838-9000

Abby's House

Phone

(503) 838-8219

Email

abbyshouse@wou.edu

Location

Werner University Center
Room 106