

STUDENT HEALTH CENTER

MSJC has **Student Health & Wellness Centers** on the Meniffee Valley (MVC), San Jacinto (SJC), and Temecula Valley (TVC) campuses.

Contact Information

(951) 465-8371 | healthservices@msjc.edu | Follow us on **FACEBOOK** (<https://www.facebook.com/MSJCHealth/>), **INSTAGRAM** (<https://www.instagram.com/msjchealth/?hl=en>), and **TIKTOK** (<https://www.tiktok.com/@msjchealth/>) | Meet the Staff (<https://www.msjc.edu/healthcenter/meet-the-staff.html>)

Appointments can be scheduled by calling (951) 465-8371 or emailing healthservices@msjc.edu and to speak with one of our friendly healthcare representatives. Students will be able to complete paperwork and schedule mental health counseling appointments online via the Student Health Patient Portal (<https://www.msjc.edu/healthcenter/patient-portal.html>).

Locations

Meniffee Valley Campus (<https://www.msjc.edu/locations/documents/MVCcampusMap.pdf>) - 700 Building (room 723) adjacent to Student Life and Development and the Cafe

San Jacinto Campus (<https://www.msjc.edu/locations/documents/SJCcampusMap.pdf>) - Modular 1540 in between the Veteran's Resource Center and Cafe

Temecula Valley Campus (<https://www.msjc.edu/locations/documents/TVCcampusMap.pdf>) - 1st Floor (room TA-116) in between the LRC and Cafe

Office Hours

SPRING/FALL

MONDAY-THURSDAY 8:00 am - 5:00 pm

FRIDAY (VIRTUAL ONLY) 8:00 am - 12 Noon

SUMMER

MONDAY-THURSDAY 8:00 am - 5:30 pm

FRIDAY (CLOSED)

*Hours subject to change without notice. Please check our **Health Center Services** (https://www.msjc.edu/healthcenter/General_Office_Hours.html) page for the most up-to-date current operating hours.*

About Us

"MSJC Student Health Centers are your centers of health & well-being. We treat the whole person and aim to prepare you to be successful in life, not just in school.

MSJC Student Health Centers operate around the 8-Dimensions of Wellness

Physical . . Intellectual . . Emotional . . Social . . Spiritual . .
Occupational . . Financial . . Environmental

Focusing our program on The Eight Dimensions of Wellness, we are able to give you the tools to not only evaluate your overall health and wellness

but empower you to make choices and change habits that will improve your quality of life."

Eligibility/Services

Student Health & Wellness Centers are available to all currently enrolled students (enrolled in at least one credit) and have paid the Student Health Fee (<https://catalog.msjc.edu/student-fees/enrollment-fees/#otherfeestext>). Our Student Health Center services (https://www.msjc.edu/healthcenter/General_Office_Hours.html) include quality health care in the form of: registered nurse visits; free over-the-counter medication; health education; wellness workshops; immunizations; immunization reviews; COVID-19 and Influenza testing; Nurse Practitioner wellness, illness, and/or injury visits; lab testing; diagnostic testing; mental health counseling and so much more.

Appointments are available in person as well as online via telehealth. Please visit our What to Expect (<https://www.msjc.edu/healthcenter/what-to-expect.html>) page for more info on how to prepare for your visits.

Check out our Wellness Nook complete with a zero gravity massage chair, virtual reality guided meditation, 8-dimensions of wellness library, games, puzzles, coloring books, and more.

Listen to our new Lifestyle Connection Podcast (<https://anchor.fm/msjc-health/>)

Access to free, and anonymous, mental health screenings are available here (<https://screening.mentalhealthscreening.org/mt-san-jacinto-college/>). MindWise screenings can also be found on our Mental Health Counseling page (<https://www.msjc.edu/healthcenter/Mental-Health-Counseling.html>).

For complex cases, we offer referrals to outside health agencies in the community.

Injuries on Campus

Limited medical insurance is available against accidental injury while on campus.

All college accidents should be reported immediately to the Health Center for proper evaluation and treatment.

For life-threatening emergencies (medical or otherwise) always dial 911

If you are having mental health concerns outside our normal business hours see this list (<https://www.msjc.edu/healthcenter/documents/MentalHealthResources.pdf>) **of outside resources.**

All medical records and discussions with our staff are strictly confidential.

We are here to serve you!