

Contact Us

ARC

 shwc@arc.losrios.edu

 (916) 484-8383

CRC

 shwc@crc.losrios.edu

 (916) 691-7584

FLC

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 (916) 608-6782

SCC

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 (916) 558-2367

Mental Health

 mentalhealth@losrios.edu

 (916) 286-3662

Vision

Our vision is to empower students with the knowledge, skills and resources to support their physical and mental wellness, so they may achieve their educational and life goals.



losrios.edu/shwc

*Scan here to make a physical or
mental health appointment.
Available on all 4 college campuses.*

We look forward to meeting you.



**STUDENT HEALTH
AND WELLNESS**
PHYSICAL & MENTAL HEALTH



YOUR STUDENT HEALTH AND WELLNESS SERVICES

→ FREE Physical Health

- Health and illness assessments
- First aid for minor injuries & illness
- Over-the-counter medications
- Party Safe Kits - Narcan, fentanyl & drink spike test strips
- Sexual health education
- Condoms (internal & external) & lubricant
- Opill (birth control)
- Emergency contraception (Plan B)
- STI testing
- Pregnancy testing
- Flu A/B & Covid testing
- Flu vaccine
- Strep throat testing
- TB risk assessments
- Health requirements for academic programs
- Immunizations/titers*
- TB skin test*

*Low Cost

→ FREE Mental Health

You are not alone
Try it out - Talk it out



togetherall



STUDENT HEALTH
AND WELLNESS



BetterMynd

Togetherall is a safe online space to connect anonymously with other students to get and give support.

Meet with a Los Rios Student Health and Wellness Center (SHWC) therapist or advocate. Support is available in person and virtually.

Online Therapy: Talk to an online licensed therapist during the day, evenings or weekends. Or call 24/7 support line : (844) BTR-MYND.

What type of therapy is right for you?

	 STUDENT HEALTH AND WELLNESS	 BetterMynd
In-person appointments	✓	✗
Available during traditional hours	✓	✓
Available during evenings and weekends	✗	✓
Remote appointments (Zoom)	✓	✓
Walk-in / emergency visits	✓	✗
Ability to select counselor based on demographics, identities, lived experiences, and specialties	✓	✓
If therapy isn't the right choice for you, maybe peer support is. Access 24/7 online peer support through Togetherall .		

Your health and wellness matter.
Embrace it.

 *Student Health & Wellness Team*