

STUDENT HEALTH & PSYCHOLOGICAL SERVICES FALL 2020

Helping to keep you
Happy and Healthy...



Norco College Health & Psychological Services is dedicated to assisting students achieve and maintain optimum Physical, Mental & Emotional Health by providing quality healthcare at little or no cost to you!

NORCO
COLLEGE
Health Services

MEDICAL SERVICES

Norco College offers a variety of medical, and counseling service for free (covered by your student health fee), or at low cost. Medical services will be individualized to student needs. Contact Student Health Service with your medical needs.



Your health and wellness are important and connected to your ability to succeed as a student. [Wellness Central](#) is a free online health and wellness resource that is available 24/7 in your space at your pace.



If you believe you need immediate assistance, please call 9-1-1
CRISIS HOTLINE: 1(951)686-HELP
(4357) or the Crisis Text
Line TEXT: COURAGE TO: 741741
National Suicide Prevention Lifeline
1(800)273-8255

CONTACT INFO

Office (951)372 – 7046
Direct Phone (951)268 – 7547

Office E-Mail
virginia.perez@norcocollege.edu
Website

www.norcocollege.edu

Find us under the "Student Services" tab

HOURS

For your convenience, Norco College Student Health & Psychological Services is available to answer your calls year-round for all your health and program needs. While we strive to be easily and readily accessible, Student Health & Psychological Services is closed on weekends, legal holidays, and days of observance.

If your call is not answered during business hours, Monday to Friday between 9 am - 5 pm, leave us a detailed voicemail with your name, student ID, & contact information.



[@norco_student_health](#)



[@NorcoCollegeHealthServices](#)

Due school closure related to COVID-19, not all service are available. Student Health Services will do it best to meet student's needs. If you have any questions about services not listed in the brochure, please contact Student Health Services directly. Information in this brochure is specific to the Fall 2020 semester.

PSYCHOLOGICAL SERVICES

Our caring Mental Health Counselors work with students to overcome a variety of personal issues in their lives including: adjustment to college life, family/relationship issues, stress, anxiety, depression, addiction, sexual assault, harassment and more.

Here are a few things you need to know:

- One-on-one personal counseling sessions are 50 minutes long
- All appointments are completely safe and confidential
- Cancellations require a 24-hour notice (3 cancellations with less than 24-hours notice, no shows or combination of the two will result in a temporary suspension of counseling services. For reinstatement students must schedule an appointment with the Director of Health Services.)

Unsure if you need to speak with a counselor .
• [we offer free, anonymous screenings online just CLICK HERE.](#)

Need a DRC Form filled out?

DRC Forms documenting Psychological Disabilities can be obtained by scheduling an appointment with our Psychological Services Supervisor on Wednesday or Fridays.

Call Direct Phone (951) 268 –7547 to Schedule your DRC appointment.

Student's Guide to Eating Healthy in College

Eating smart without stressing out, food hacks for the dining hall and the dorm room, and expert advice on how to make sensible food choices.

EDUMED STUDENT'S GUIDE TO EATING HEALTHY IN COLLEGE:

Shows students affordable, fast, and simple ways to eat healthy in college (including some great recipes). EDUMED teamed up with a registered dietitian and a nutritionist so students can hear straight from professionals who know nutritious eating best and can provide insights on trends like fad dieting in college.



MINDWISE INNOVATIONS: Mental health is a key part of your overall health. Brief screenings are the quickest way to determine if you or someone you care about should connect with a mental health professional. This program is completely anonymous and confidential, and immediately following the brief questionnaire you will see your results, recommendations, and key resources.

Emergency Hotlines

911..... DIAL9-1-1
National Poison Control Hotline (800) 222-1222
National Suicide Prevention Lifeline (800) 273-8255

Campus Emergency Contacts

Campus Police (951) 222-8171
Student Health & Psychological Services.. (951) 372-7046



[Click Here](#) For updated developments of the Novel Coronavirus (COVID-19) pandemic and the actions the Riverside Community College District is taking.

PATIENT PORTAL

Norco College Student Health Portal is a secure, convenient way to manage your private healthcare online. This free self-service health management tool can improve interactions with Student Health Services, as well as document important healthcare information. You are now able to schedule appointments, review medical records, and complete required intake forms on your own time.

Medicat patient portal gives you the ability to make more informed decisions about your health. Register: rccd.medicatconnect.com

[MEDICAT PATIENT PORTAL
REGISTRATION INSTRUCTIONS](#)

