

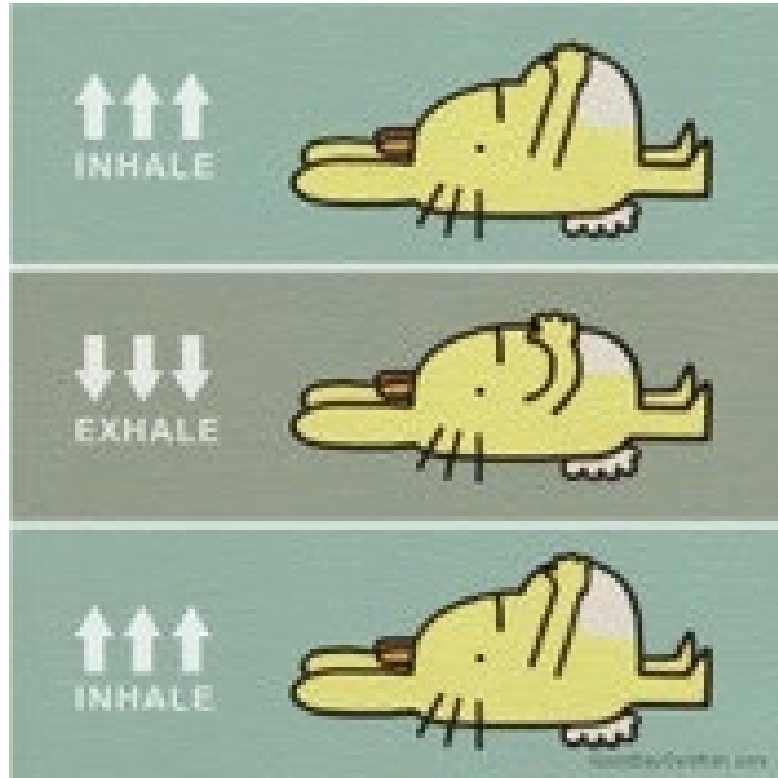
Health and Wellness @ CSULB

Heidi Girling, MPH, CHES

CSULB Student Health Services

Office of Wellness & Health Promotion

Deep Belly Breathing



- ❖ Decreases anxiety
- ❖ Helps you relax
- ❖ Great for falling asleep
- ❖ Increases oxygen to your brain

Student Health Services



- Health care clinic
 - Nationally accredited
 - Licensed medical providers
 - 100% Confidential

- Funded by Student Health Fee
 - \$75 paid by each student, each semester.
 - No insurance billing

- No cost for clinic or telehealth visits
 - Except lab, pharmacy & vaccines

- Primary care and some specialty care

- Case management, substance abuse counseling, sexual assault advocacy

- Health education, mind-body wellness programming

Services & Programs

Medical Care

- Primary Care
- Specialty care
 - Sports medicine, reproductive health, gender affirming, psychiatry

• **Laboratory, X-ray & Pharmacy**

- Free or low cost

• **Vaccine Clinic**

- TB Testing
- Routine vaccinations

• **Behavioral Health**

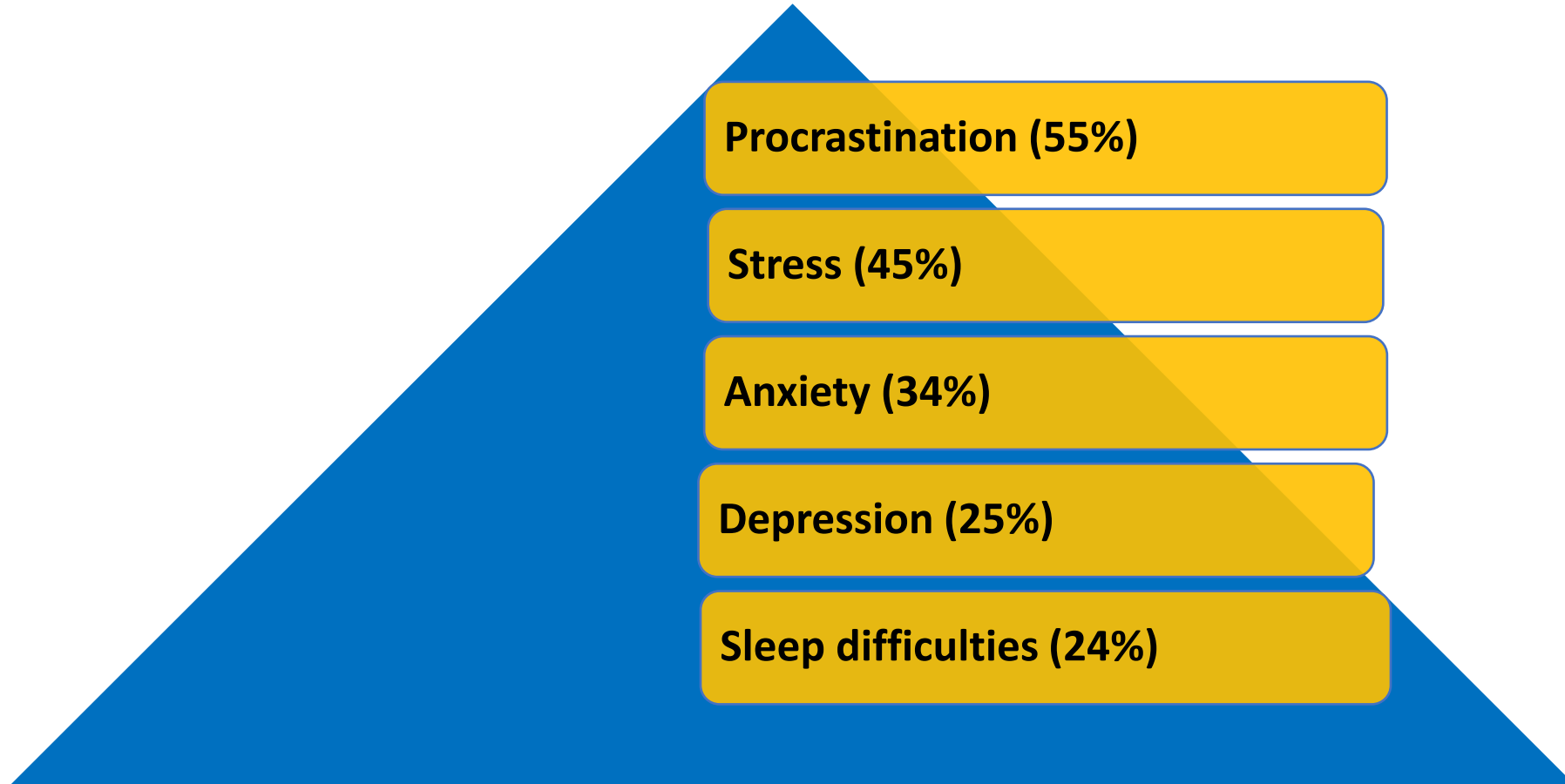
- Psychiatrist
- Case Managers
- Substance Abuse Counselor
- Sexual Assault Advocates

• **Wellness & Health Promotion**

- One-on-one education & workshops
 - Nutrition
 - Sexual health
 - Nicotine replacement & counseling
- Mind-Body Wellness Programs
 - Mindfulness meditation
 - Body Positive
 - Yoga for Healing

Top 5 Issues that Negatively Impacted Academic Performance

(NCHA, Spring 2021)



Recommendations for Returning to Campus to Enhance Wellness

01

Provide clear and timely communications

02

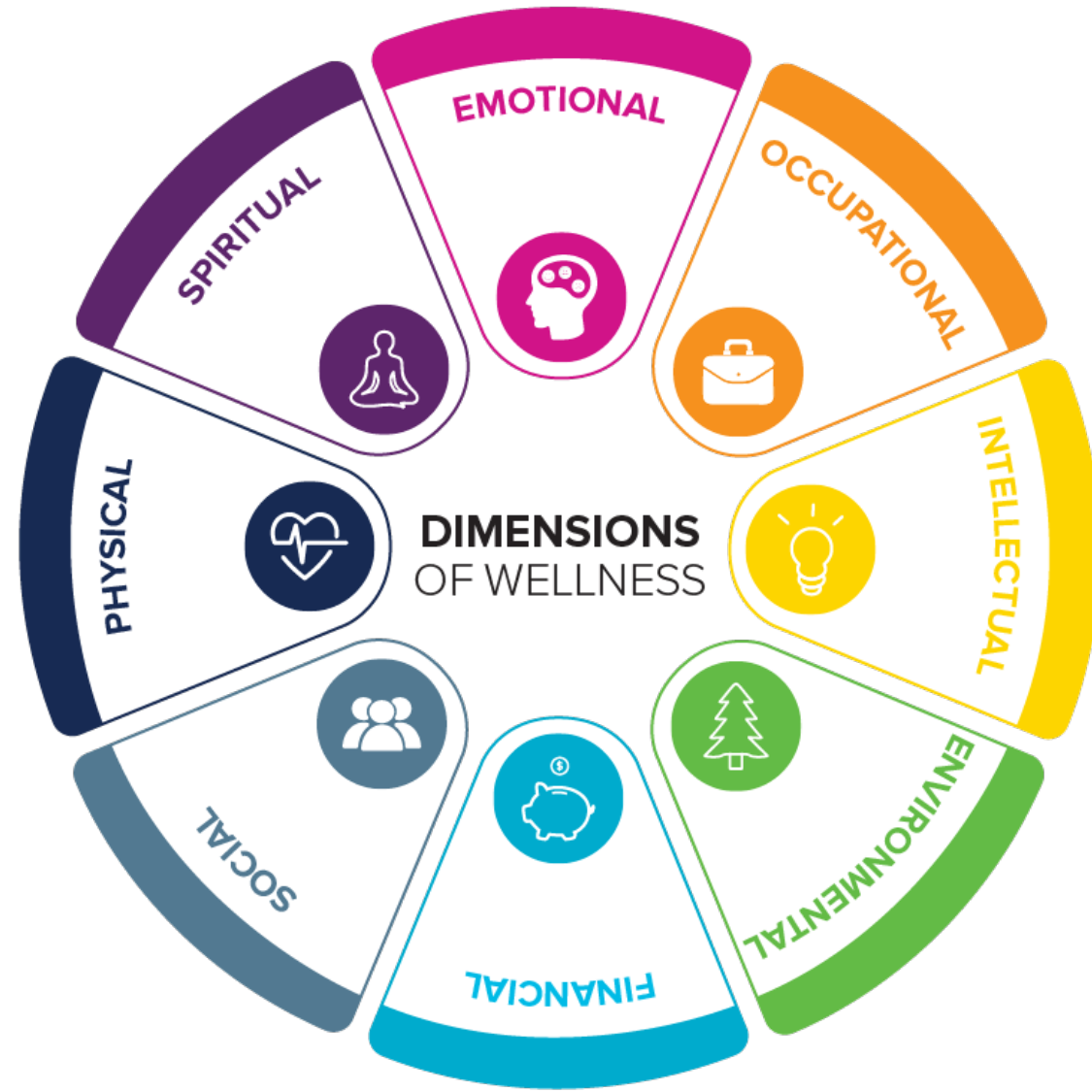
Retain some asynchronous options

03

Further support your students, staff and faculty

04

Promote physical, mental and emotional well-being for the university community





Take 5 to Thrive



Establish healthy habits



Build resiliency and coping strategies



Grow and maintain your support system



Seek help sooner than later



Know your resources

Campus Wellness Services

❖ Counseling and Psychological Services

- ❖ Short term counseling, crisis counseling, and Crisis Text Line
- ❖ 562-985-4001

❖ Faculty and Staff Assistance Program (FSAP)

- ❖ Counseling
- ❖ 562-985-7434

❖ Faculty Guide for Assisting the Distressed Students

❖ The Red Folder

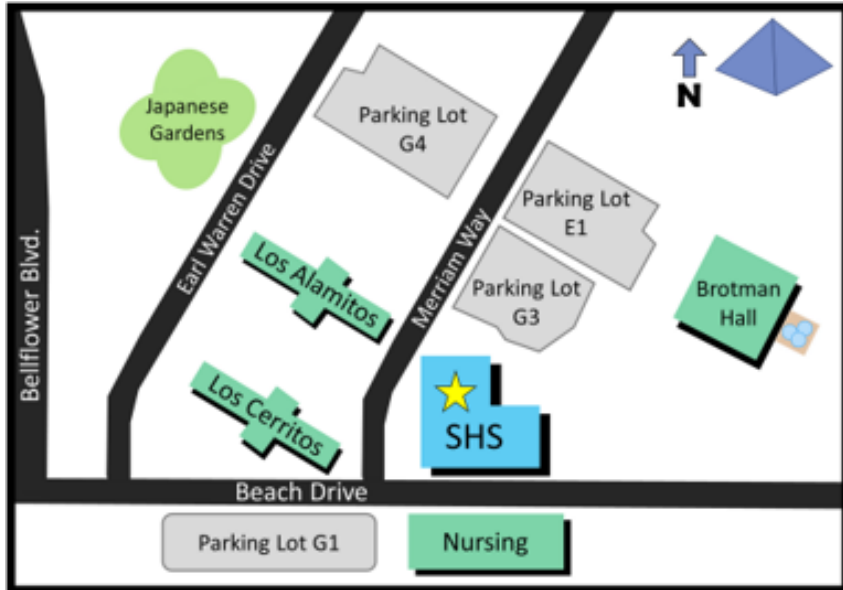
❖ Student Recreation & Wellness Center

- ❖ Free for students
- ❖ \$37/month for staff & faculty

❖ LifeFit Center

- ❖ For those 49+ years
- ❖ \$17/month
- ❖ Limited hours

Student Health Services



- Located at Beach Drive and Merriam Way
- Call for in-person or telehealth visits
- Primary care, Reproductive Health, Sports Medicine, Vaccines, Pharmacy, lab tests, physicals, psychiatry, counseling, and more

(562) 985-4771

www.csulb.edu/shs

wellness@csulb.edu

@csulbshs



**After Hours Nurse Advice Line
1.800.240.7617**

Resources and References

- CSULB. (2021). *ACHA-NCHA Spring 2021 Executive Summary*
- CSULB (n.d.) Faculty Guide to Assisting the Emotionally Distressed Students. (Retrieved 7/26/22 from <https://www.csulb.edu/student-affairs/counseling-and-psychological-services/faculty-guide-assisting-the-emotionally>)
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- Lederer AM & Oswalt, SB. (2017). *The value of college health promotion: A critical population and setting for improving the public's health*. American Journal of Health Education