

# GOT HEALTH QUESTIONS AND DON'T KNOW WHO TO ASK??



## Just Ask the Nurse

Riverside City College Student Health and Psychological services may be closed to in-person visits but our Registered Nurses are here and available for your QUESTIONS! Currently, all visits are provided through phone call consult and/or ZOOM video conferencing.

### Let our nurses help YOU!

- Healthy Diet, Nutrition, Exercise
- Immunization Counseling
- Lab Orders
- Birth Control Advice
- STI or STD Testing
- Blood Pressure
- ...and many other general health-related topics

Student Health Services Registered Nurses can provide:

- Community Referrals to Healthcare Access
- Advice for Prescription Medication Refills
- Advice to Help You Stay Happy and Healthy

Student Health Services also provides personal therapy sessions to help navigate daily stressors and the emotional aspects of life.

If you would like to talk or have questions for our Registered Nurse or Therapist please call:

**(951) 222-8151**

Monday-Friday, 8am-5pm

**Important:** Be sure to leave a voice message that includes your phone number and please specify if you would like the nurse or the therapist to call you back. Voice mail messages are routinely checked throughout each day and all messages will be returned within 24-48 hours.

If your concerns are urgent or life-threatening, please call 9-1-1



You can also visit our website for more great resources and answers to your questions!

