

Web Site: <https://www.craftonhills.edu/current-students/health-and-wellness-center/>

# Health and Wellness Center

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## Check Your Emotional Pulse

[Health & Wellness Emotional Health Questionnaire](#)

## Student Health 101 Now at CHC

[Your Student Health Magazine](#)



*"When health is absent, wisdom cannot reveal itself, art cannot manifest, strength cannot fight, wealth becomes useless and intelligence cannot be applied." - Herophilus*

The Health & Wellness Center (HWC) provides students with wellness, illness and injury care. Student health services are available to all registered students who pay the health fee. Students pay small additional fees for some services.

## Lactation Room

The Health & Wellness Center has a Lactation Room for all nursing mothers. This is a private space where a nursing mother can pump or nurse. We are equipped with a sound machine to create a relaxing environment, a refrigerator, sink, cleaning supplies, table, and comfortable chair. The ability to pump throughout the day allows mothers to keep up their milk supply and enables them to save and take home the nutrient-rich milk they have pumped.

## For On-Campus Medical Emergencies

If students cannot safely be transported to the Health and Wellness Center, call Campus Police at 909-389-3275. They are designated first responders and will contact additional responders as needed.

Call 911 and then the campus police, if the emergency is life threatening, such as severe pain, difficulty breathing, unresponsiveness.

### [How to Use a Condom](#)

Could you have an STD? [Get Yourself Tested.](#)

## Do You Need Emergency Contraception?

*Prevents pregnancy up to 120 hours after intercourse.*

Come to SSB 101 or on weekends and holidays visit [The Emergency Contraception Website](#) or call 1-888-NOT2Late

## Survey

[Please help us improve our website by completing this brief survey.](#)

## Office Hours

Monday	8:30am - 4:00pm
Tuesday	8:30am - 4:00pm
Wednesday	8:30am - 4:00pm
Thursday	8:30am - 4:00pm
Friday	8:30am - 1:00pm

\*\*Please note office closes for lunch hours subject to change.

## Appointments

Please call 909-389-3272 to schedule appointments for immunizations, screening tests, visits with the nurse practitioner and marriage family therapist. Immediate care is available as needed and when urgent.

## Health Screening

[KOGNITO](#): Building a safe community for all students.

## Alcoholism and Addiction

[Blood Alcohol Calculator](#)

[The Treatment Specialist](#)

[Scholarship Opportunity and Drug and Alcohol Abuse Resource Page](#)

### Looking for Immediate Assistance?

Call: 1-800-622-2255

[Skip Twitter Feed](#)

- [Health And Wellness Center](#)
- [Our Services](#)
- [Download Forms](#)
- [Patient Bill of Rights](#)
- [FAQ](#)
- [Student Health 101](#)
- [Go Ask Alice: Health Q & A Resource](#)
- ["College Health" Websites](#)
- [Health Insurance Resources](#)
- [Mental Health Screening & Resources](#)
- [Sexual Assault Information and Resources](#)
- [Community Referrals](#)
- [Health and Wellness Center Staff](#)