NAVIGATING HEALTHCARE

MENTAL HEALTH RESOURCES

1. Monsour Counseling (MCAPS)
   - Individual counseling
   - Groups & workshops
   - Crisis intervention
   - For appts, call (909) 621-8202

2. EmPOWER Center
   - Sexual assault
   - Sexual harassment
   - Dating/domestic violence
   - For appts, call (909) 607-2689

PHYSICAL HEALTH RESOURCES

Do you need to see a doctor immediately?

YES

Is it life-threatening?

YES

- Go to an Emergency Room (hospital, can be $$$)
- List of nearby hospitals
- Call Campus Safety at (909) 607-2000 or (909) 621-8170
- If off-campus, call 911

NO

Make an appt at Student Health Services

Student Health Services (SHS) offers:
- General medical visits, X-rays, immunization, flu clinics, STD testing & counseling, women’s health. They might refer you to specialist/doctor.

Is it life-threatening?

YES

But, I need urgent care.

- Go to Urgent Care
- List of nearby urgent care facilities

NO

Telemedicine: Can set you up appointment with a doctor online through your insurance
- How to access benefits from SHIP if fully online: here or here
- If you are on a health insurance plan in your home country, ask your healthcare provider