

 **COVID-19 Updates and Resources (/covid-19.html)**

Need Us? We are here. (/general/email-contact-list.html)

Cuesta College Home (/) > Current Students (/student/) > Resources (/student/resources/) > Student Health Center >

Student Health Services



Coronavirus Disease 2019 (COVID-19) (/student/resources/healthcenter/COVID-19-resources.html)

En Español: Para obtener información en español haga click en este link o visite la página web del Novedoso Coronavirus 2019 (COVID-19)
(https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/nCoV2019_Spanish.aspx)

Exposure Reporting (/student/resources/healthcenter/Symptom-reporting-form.html) »

Ask a Nurse »

(mailto:studenthealthcenter@cuesta.edu?subject=Ask%20a%20Nurse)

Undocumented Student Support



(/student/resources/healthcenter/resources/undocu_intl_health.html)

ATTENTION!

Thanks for contacting the Student Health Center. Therapy and nursing appointments will resume at the start of our summer session on June 15th for currently enrolled students. If you are a new hire looking for a TB test, we will respond to your email within 24 hours Monday-Thursday.

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If this is an emergency, please dial 911 or go to the nearest emergency room. For mental health crisis, you may contact the SLO Hotline (<https://www.t-mha.org/slo-hotline.php>) for 24-hour suicide and crisis support by calling (805)783-0607 or text "courage" to 741741. For information specific to coronavirus, please visit the Cuesta's COVID-19 webpage (/covid-19.html). Here you will find updated information about the operations of the college and specific health information and resources.

Follow us on social media on Instagram (<https://www.instagram.com/cuestahealthcenter/>)/Facebook (<https://www.facebook.com/cuestahealthcenter/>) @cuestahealthcenter (<https://www.instagram.com/cuestahealthcenter/>) for educational information.

For well-being and health education, explore the digital tools promoted in our Educational Repository (/student/resources/healthcenter/educational_repository.html) and have fun exploring our wellness module available on CANVAS (<https://cuesta.instructure.com/courses/23086>). Wellness Central is a free online health and wellness resource that is available 24/7 in your space at your pace.

CONTACT US:

studenthealthcenter@cuesta.edu
(mailto:studenthealthcenter@cuesta.edu?subject=Health%20Center%20email%20for%20appointm

San Luis Obispo Hours*

Building 3100, Room: 3150

Phone: (805) 546-3171

NC Paso Robles*

Building: 1000 Room: 1013



(<https://cuesta.instructure.com/courses/23086>)

Well-links to support yourself:

Help stop the spread of coronavirus: 5 steps to proper hand washing (<https://cuesta.campuswell.com/5-steps-proper-handwashing/>)

Stuck at home? 7 dos and don'ts to make the best of social distancing (<https://preview-std.campuswell.com/make-the-best-of-social-distancing/>)

Fake news or facts? How to tell if a health site is trustworthy (<https://preview-std.campuswell.com/reliable-health-websites/>)

Below are additional links to content that may be helpful to students:

How to get the most out of your online class (<https://cuesta.campuswell.com/online-courses/>)

Our top 4 mental health apps to help you deal with everyday stress and anxiety (<https://cuesta.campuswell.com/mental-health-apps/>)

Social support: The most overlooked self-care routine (<https://cuesta.campuswell.com/social-support-for-self-care/>)

Ask the professor: "How do I manage my time in an online class?" (<https://cuesta.campuswell.com/ask-professor-manage-time-online-class/>)

5 indoor workouts to keep you fit all year round (<https://cuesta.campuswell.com/indoor-workouts/>)

5 healthy batch cooking recipes to fuel your week (<https://cuesta.campuswell.com/5-healthy-batch-cooking-recipes/>)

This quick body scan meditation will melt away your stress (<https://cuesta.campuswell.com/quick-body-scan-meditation/>)

On Campus Reproductive & Sexual Health Services are suspended.

Visit The Center (<https://capslo.org/the-center/>) website if you need information about STI testing, Birth Control, Plan B, Condoms and more. Patients must call ahead to be triaged and directed regarding the process. SLO (805) 544-2478// AG (805) 489-4026

Public Health Clinic in Paso Robles is still open to see patients for essential services. They're open Monday-Friday 8-5 pm. You can call their phone line at (805) 237-3050.

Visit our COVID-19 Resource Page (</student/resources/healthcenter/COVID-19-resources.html>)



(/student/resources/healthcenter/Cuesta_College_smoke-free.html)

Cuesta College is 100% Smoke, Vape & Tobacco Free. Learn more here

(/student/resources/healthcenter/Cuesta_College_smoke-free.html)

Hi, we are the Student Health Center!

Phone: (805) 591-6200
ext. 4207

*Health Center will be available to meet via zoom/phone Monday through Thursday.

Nicole Johnson
Director of Health Services
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(mailto:nicole_johnson7@cuesta.edu)

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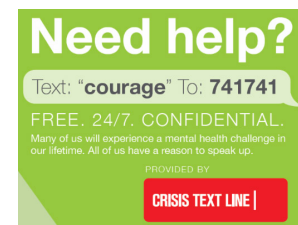


(</student/resources/healthcenter/resources/mentalhea>)

NATIONAL
**SUICIDE
PREVENTION
LIFELINE**
1-800-273-TALK (8255)

suicidepreventionlifeline.org

(<https://suicidepreventionlifeline.org/>)



If you have an emergency after clinic hours, please call:

Public Safety:

SLO (805) 546-3911

NCC (805) 591-4911 or