### What Type of Medical Appointment Do You Need?

#### ROUTINE
**Make Appointment**
831-459-2500

- Non-urgent issues. Schedule an appointment & leave the same-day care for those who truly need it.

**EXAMPLE**
- Annual exam
- Therapy session
- Eye exam
- Digestive issues

#### ACUTE
**Same Day Clinic**
831-459-2500

- Use the Same Day Clinic when you're urgently ill & you need to see a healthcare provider quickly.

**EXAMPLE**
- Sports injury
- Severe sore throat
- Rash
- Urinary tract infection

#### FLEXIBLE
**Any Time**

- 24/7 Nurse Advice Line
  - 831-459-2591

- Live Health Online
  - www.livehealthonline.com

- See a healthcare provider online from anywhere. Great for minor issues like flu, allergies, headache, fever, etc.

**EXAMPLE**
- Serious injury
- Suicidal person
- Trouble breathing
- Unresponsive person

#### EMERGENCY
**Get Help!**

- Dial 911

- During a life-threatening emergency, don’t wait to call for help! Dial 911 right away.

#### CAN I SCHEDULE ONLINE?

**Use Health e-Messenger**
studenthealth.ucsc.edu

- You can schedule online for SOME appointments:
  - Same-day clinic: yes. Log in after 10:30 pm the night before to choose an appointment time. Not for routine appointments.
  - Nutrition: yes
  - Optometry: yes
  - All others: Call 831-459-2500 to schedule

### Other Types of Appointments

**Help for Survivors of Sexual Assault or Domestic/Dating Violence**

- Call the Student Health Center at 831-459-2500. We will connect you to medical care, mental health care, police (if desired), and a confidential CARE advocate.

**Mental Health Support**

- Contact CAPS at (831) 459-2628 for help during a mental health crisis or when you need therapy, counseling, psychiatric help, drug and alcohol counseling, etc.
- You can also contact The Cove for support around substance use reduction & recovery (shop.ucsc.edu/students-in-recovery).

**Self-Help Info: You Can Take Charge of Your Health!**

- Visit healthcenter.ucsc.edu, caps.ucsc.edu, shop.ucsc.edu, and care.ucsc.edu when you need information about taking care of yourself or you want to learn about a health concern. For example, treating a common cold, help with sleep issues, dealing with a stressful day, contraception questions, or how to help a survivor of sexual assault.