# What Type of Medical Appointment Do You Need?

## ACUTE
**Same Day Clinic**
Use the Same Day Clinic when you’re urgently ill & you need to see a healthcare provider quickly.

**831-459-2500**

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

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

**831-459-2500**

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

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

**Dial 911**

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

## FLEXIBLE
**Any Time**
When you’re not sure what to do, or wonder if you should seek immediate care.

**24/7 Nurse Advice Line**

**831-459-2591**

**OR TRY LIVEHEALTH ONLINE**

**www.livehealthonline.com**

Online visits for minor issues:
- flu
- allergies
- headache, etc.

## CAN I SCHEDULE ONLINE?
You can schedule online for SOME appointments, but not for routine appointments.

**Use Health e-Messenger**

**studenthealth.ucsc.edu**

- Same-day clinic: Log in after 10:30 pm the night before to choose an appointment time.
- Nutrition
- Optometry
- All others: Schedule via **831-459-2500**

### Other Types of Appointments

#### Help for People Who Have Experienced Sexual Assault or Dating/Domestic Violence
A confidential CARE Advocate can connect you with resources including medical care, mental health care, police (if desired), and other services as needed. Call 831-502-2273 or email care@ucsc.edu.

#### 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.