



Center for Student Health & Counseling
Portland State University
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SHAC Health Center Fee

The SHAC Health Fee covers:

- Health Services:
 - Telehealth (in Oregon) requiring no co-pays *note: some types of visits cannot be seen through telehealth services and you may be redirected to an in-person appointment.
 - Medical in-person visits requiring no co-pays (most common visits)
 - Allergies (no allergy injections)
 - Animal or insect bites (minor)
 - Birth Control & Emergency Contraception
 - COVID-19 testing, COVID-19 Counseling, COVID-19 Vaccine
 - Respiratory infections/Asthma/Colds/Cough/Flu
 - Ear infection/ wax impaction
 - Eye infection
 - Rash & skin infection
 - Sinus infections
 - Sprains & strains
 - Urinary tract infection (UTIs)
 - Gender affirming therapy
 - Wellness exams
- Counseling:
 - Telemental health (all visits/consultations covered by the student health fee)
 - Brief counseling {dependent on state laws}
 - Crisis services
 - Therapy Groups
 - Support Groups
 - Mental Health Workshops & Outreach
 - Academic skills consultation
 - Consultation for staff, faculty, and parents regarding students in distress
 - Referral assistance (both in and out of state)
- Health promotion across campus
 - Remote and in-person workshops regarding general well-being, violence prevention and mental health
 - Remote and in-person bystander workshops for all incoming students
 - Suicide prevention guidance
 - Build strong support to students in recovery
 - Trauma-informed classroom training and support to faculty and staff
 - Access to the Mind Spa (both in person space and virtual website)
 - Weekly campus-wide wellbeing publication
 - Formal and informal opportunities to engage with trained peer health educators through Zoom sessions, tabling events, social media, and campus-wide programming
 - Weekly wellbeing podcast for students by students
 - Providing support and assistance to campus departments by way of consultation
- Insurance Assistance
- Emergency Response
- Providing health and mental health expertise on campus committees such as the Incident Management Team, CARE Team, Healthy Campus Initiative
- Immunization compliance for admittance
- 24-hour Nurse Advice Line
- Nurse Advice from SHAC nurses 9-5 pm M-F
- We help to connect to other campus services (may or may not have to be on campus)
- Medical Referrals off campus for various health related issues