Student Health Services

Shot Clinic: Mondays, 8-12, (TB testing is Mondays only); and Wednesdays, 8-12 (Urgent cases will be seen during shot clinic)
Medical Clinic: Mondays and Wednesdays 1 pm - 4:30 pm and Fridays, 8-12 noon & 1-4:30 pm
Family Planning Clinic: Tuesdays, Thursdays, 8-12 noon & 1 pm-4:30 pm

General Medical Care
- Nurse Practitioners, First-aid treatment for illness or injury
- TB tests

Immunizations
- Tetanus/Diphtheria (Td), Tetanus/Diphtheria/ Acellular Pertussis (Tdap), Meningitis, MMR (Measles-Mumps -Rubella), Hepatitis A (2 shot series), Hepatitis B (3 shot series), Flu Vaccine, Varicella

Family Planning Health Care
- Pelvic Exams, Pap Smears, Birth Control, Mirena IUD, ParaGard Copper IUD, Pills, Depo-Provera shots, Ortho Evra patch, Nexplanon, Nuva Ring
- Reproductive Life Plans Sexual Health
- STD testing (males and females)
- Pregnancy Testing Hepatitis B Immunization
- Morning-After Pill (emergency contraception)
  - Free condoms always available!

HIV/Hepatitis C Testing
Women's Center, Campus Center room 311
Free testing at Waiakea Health Center (STD also) 808-974-4247
HIV/AIDS Foundation - 808-982-8800

Counseling Services

Located on the 2nd floor of the Student Services Building. Services are available on both a walk-in and appointment basis. Services are provided at no cost to you. All counseling services are designed to protect your privacy and confidentiality.

Personal / Social / Emotional
- Build confidence and personal effectiveness.
- Learn healthy ways to cope with stress.
- Enhance personal relationships.
- Adjust to the Big Island.
- Cope with loss and crisis, including sexual harassment and assault.
- Improve emotional wellbeing.
- Clarify future educational plans and life goals.
- Assess and treat psychological disorders such as depression, anxiety, eating disorders, traumatic stress, and attention deficit disorder.
- Refer for psychiatric treatment if needed.
- Education and treatment/referral for alcohol or other drug-related issues. Wellness and life balance.

Faculty / Staff Consultation
- Counselors consult with faculty and staff on making referrals to the Counseling Center, and working with and supporting others struggling with life events and psychological disorders. Counselors provide training in listening and helping skills.
  Sexual Harassment / Assault

For counseling support, information, advocacy and assistance, please contact Leslie Armeniox, PhD, LPC, BC-DMT, Counselor, Student Services Bldg., Room 201. Phone: 933-3116.
Campus Security and Safety
The Campus Security office is located on the Main Campus in the Auxiliary Services Building #300, Room 104, phone (808) 974-7911. Website: hilo.hawaii.edu/auxsvc/security/

Emergency Call Boxes and Blue Light Phones
The University has dispersed throughout the campus (yellow) emergency call boxes and blue light telephones for students and faculty use in the event of an emergency and/or the need for assistance.

Security and Crime Prevention
You can help Campus Security help you by exercising these common sense precautions:
1. Report any suspicious persons or activities; report all incidents no matter how minor; report losses immediately.
2. Be sure to lock and secure all windows and doors; lock your cars and bikes; store valuables in the trunk.
3. Never loan keys to anyone (they are easily lost, stolen, or duplicated).
4. Mark or engrave your belongings; don’t leave belongings and valuables unattended for any amount of time i.e. laptops, electrical equipment, jewelry
5. At night, travel and park in lighted areas; travel in pairs if possible; be aware of your surroundings.

My Resident Assistants Name is

They are located in room
___________ of _____________ Hall

Sick/Injured/Afraid/Need Help
Life-threatening
Hawaii Police and Fire Services- 911
     Non-Emergency Number 808-935-3311
     Hotlines/Support numbers—24 Hours A Day
     Hale Ohana, Crisis Line & Abuse Shelter
     (808) 959-8864
     Alcoholics Anonymous
     (808) 961-6133
     Big Island Substance Abuse Council
     (808) 935-4927
     Kahi Mohala Crisis Service/Suicide Line
     (808) 935-3393
     Poison Center
     1-800-222-1222

Non Life-Threatening
During the Business day
Scared/Afraid/ Assaulted /Need Help
UH Hilo Security number-808- 974-7911
Counselors at UH Hilo
     (808) 974-7399
Women's Center
     (808) 974-7335
     Sick/Injured
Student Health Services- 808-974-7636
Urgent Care Clinic..................(808) 969-3051
Hilo Bay Clinic ....................(808) 969-1427
Kea 'au Clinic (dental care too) (808) 930-0400
     Specialized Resources
Veteran Services
     (808) 974-7385
University Disability Services
     (808) 933-0816

After hours Assistance
Resident Assistants or Mentors
Always available (24 hours a day)
UH Hilo Security -808- 974-7911
Hilo Medical Center– ER (808) 974-4700
Sexual Assault Services (808) 935-0677

Need more information visit
http://hilo.hawaii.edu/studentaffairs/health/

Campus Security Escort Program
The University of Hawai‘i at Hilo offers the Escort Program is 24 hours a day, 365 Days a year Student may contact the Security Department at (974-7911).

Student Housing Safety Tips
1. Lock your dorm room door
2. Put wallets, purses, jewelry, laptops, electrical equipment and other valuables in a safe, locked place in your room.
3. Never loan out your apartment/room key.
4. Keep a record of all valuables with descriptions and serial numbers.
5. Taking photos of your valuable items can be useful if stolen.
6. Report all doors, locks and windows that need repair to your hall front desk immediately.

Reporting of Crimes and Emergencies
Report all emergencies, violations and criminal incidents by calling the police (911) or to Campus Security (808 974-7911).