

Health Education Services – General Information

Mission Statement

Lake Superior College Health Education Services strives to create a campus atmosphere of wellness by providing health education enabling students to make healthy lifestyle choices that lend to their academic success.

Special Needs

For information regarding resources and accommodations for disabilities, contact Disability Services in Room E2114 at 218-733-7650.

Immunizations

Lake Superior College is in compliance with the [Minnesota College Immunization Law](#), effective July 1, 1990, for students born after 1956. Clinic sites for required immunizations are available upon request. Mantoux tests will be scheduled for students in the college health programs. The cost is \$15.00.

Mental Health Services

The Counseling Department, rooms W1637 and W 1638, offers academic and personal counseling, as well as referrals to necessary agencies. To make an appointment, please call 218-733-7603.

Sexual Health Services

Health Services provides information and referrals for care or counseling regarding contraceptives, sexually transmitted diseases, AIDS, HIV testing, and other sexual health issues.

Health Education

Various workshops are conducted throughout the academic year as well as a large selection of brochures and pamphlets are available to you at no charge on a wide variety of health related topics throughout the campus.

Stress Management and Crisis Intervention

The Counseling Department can assist you with intervention options. Stress can present itself in many ways and create both physical and emotional symptoms. A crisis is a situation in which you feel part of your life is out of control and you are not sure how to regain it. For assistance, contact the above departments.

Alcohol, Drug and Tobacco Use

For assessment, intervention, treatment or support, there are many good agencies and programs in the Duluth area. For assistance in locating these resources, contact Health Services and/or Counseling Department.

Health Insurance

Student health insurance is available through an approved MnSCU group plan. (See student handbook). Information and application forms are available in Student Life, Enrollment Services and [online](#). You may also find information on Minnesota Health Care Programs along with the application form online.