

Introduction

Don't Just Survive, **THRIVE!**

The Bulldog Thrive Plan is **FREE** to Fresno State students, as part of your fees pay for the medical, counseling, and wellness services offered right here on campus at the SHCC.

To make an appointment via MyBulldogHealth, follow us on social media, or learn more about the SHCC, scan the QR Code!



Explore Your Plan



The Student Health and Counseling Center (SHCC) is here to help you be the best version of yourself.

That's why when you are enrolled at Fresno State, your healthcare needs are taken care of!

Our center is open Monday through Friday from 8 a.m. to 4:45 p.m., with limited services from 12 to 1 p.m.

Your success at Fresno State matters to us.

For additional questions about all of the services listed here, please call 559.278.2734.

Thrive with us on social media!



@FSHealthCenter

FRESNO STATE

Student Health and Counseling Center



Rev. 1/2025

BULLDOG THRIVE PLAN

THRIVE AT FRESNO STATE!

FRESNO STATE | Student Health and Counseling Center



Medical Services

Your Student Health Fee pays for the following medical services.

- Primary Care Services
- Pharmacy
- Sexual Health
Birth Control, etc.
- STI Testing*
- Immunizations
- Gender Affirming Care
(Hormone Replacement Therapy)
- Labs/X-Rays
- Medication Abortions*
and Contraceptives

Additional Referral Services:

- Physical Therapy
- Dermatology
- Endocrinology

*potential costs.



Counseling and Psychological Services

Your Student Health Fee pays for the following counseling and psychological services.

Counseling offers a safe place to express your thoughts, feelings and concerns. Counseling appointments are typically 50 minutes, and students can participate in counseling sessions via Zoom or in person.

- Individual Counseling
- Group Counseling
- Couples Counseling
- Crisis Intervention
- Psychiatry
- After Hours Counseling
- Referral Counseling
("Let's Talk")

Wellness Services

Your Student Health Fee pays for the following wellness services.

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| • Nutrition Consultations | • Bulldogs 4 Recovery |
| • Confidential Survivor Advocacy Support and Advice (Sexual Assault, Domestic Violence and Stalking) | • Parent Scholars |
| • Flu Shot Clinics | • e-Check up to Go (Alcohol and Cannabis Online Educational Modules) |
| • Mental Health Screening Day | • Wellness On Demand Presentations (Classroom and Health Education Programs) |
| • Immunization Clinics | • Outdoor Fitness Court (Outside of North Gym) |
| • Wellness Wednesday | • Student REC Center |
| • WATCHDOG Safety Summit (CPR) | • Wellness Vending Machine in RSU |
| • Wellness Retreat | |
| • Keeping it Sexually Safer (K.I.S.S) program | |