

HEALTH PROGRAMS & SERVICES

Wellness and Community Outreach

Student health and wellness is a primary concern of the College. The Wellness and Community Outreach Program oversees a variety of programs and services available to students in order to meet their health and wellness needs. As a member of the Student Access and Support Services (SASS) team, the wellness and community outreach manager works collaboratively with different departments to help provide comprehensive support services for students.

Resources and Referrals

The Wellness Program encourages students to utilize resources both on campus and off. Students may work with the wellness manager regarding a spectrum of concerns, from food security to Title IX resources. Additionally, Wellness works closely with Counseling and Psychological Services (<https://inside.mills.edu/student-life/health-counseling/counseling-psychological-services.php>) (CAPS) at Mills College. All Mills students are entitled to eight free counseling sessions per school year. Students can make an appointment at the Cowell Building front desk or by calling 510.430.2130.

Student Health Center Liaison

The Mills Health Center on campus provides the Mills College community with access to medical and wellness professionals five days a week during the academic year. The wellness manager serves as the liaison between Mills College and the Health Center. All students may use the Health Center free of charge. Students can make appointments by visiting the clinic during open hours, in CPM 117. If there are any questions or concerns about the Health Center, please contact the wellness manager at 510.430.2260.

Health Insurance Navigator

We encourage all students to maintain some form of health insurance coverage while enrolled at Mills College, and the wellness manager can support students in determining which healthcare coverage best fits their medical and financial needs. To learn more, visit our Student Health Plan (<https://inside.mills.edu/student-life/health-counseling/student-health-plans/>) web page.

Health and Wellness Special Programs

The wellness manager oversees and advises multiple health initiatives on campus. Two major programs are the Mills Pantry, which provides students with emergency food and other basic resources, and the Community Health Resource Center (CHRC), a student led organization and resource space. The CHRC leads health education presentations to fellow students about a range of topics, from birth control to meditation, as well as provides information and supplies related to health and wellness. Students interested in joining either or both of these organizations may email health@mills.edu for more information.