Health Resources for GVSU Students

GVSU Resources

**Student Health Insurance**—Blue Cross Blue Shield
Offers Medical Service Coverage for students at GVSU. For more information, call 1-800-955-1991 or visit the Student Health Insurance website.

**Mental Health Assistance**
*University Counseling Center*
Offers Emergency Services, Group Counseling, Individual Counseling, Referrals, Consultations, and more. For more information, call 616-331-3266, email at gvcounsl@gvsu.edu, or visit the University Counseling Center website.

**Mental Health and Well-Being Index**
This online resource serves as a toolbox to assist anyone in the eight categories of wellness: emotional, environmental, financial, intellectual, physical, occupational, social, and spiritual. Please use the index on the Lakes Together website.

**Medical Services**
*Campus Health Center, Allendale, MI*
Offers treatment for illnesses, injuries, and infections; women's health; allergy shots; physicals; and more. To make an appointment, call 616-252-6030, or for more information, visit the Campus Health Center website.

*Family Health Center, Grand Rapids, MI*
Offers same-day sick visits, primary care, women’s health, student health, LGBT health, sexual health, immunizations, health compliance, nutrition counseling, and more. For more information, call 616-331-9830, or visit the Family Health Center website.

**Sexual Health**
*Gayle R. Davis Center for Women and Gender Equity (CWGE)*
Offers assistance with sexual assault, domestic violence, and stalking. It also offers an Advocacy program. For more information, call 616-331-2748, email at wolffkay@gvsu.edu or visit the CWGE website.

*Recreation & Wellness—Sexual Health and Wellness resources.*
For more information, visit the Student Wellness website.

*Metro Campus Health Center — Allendale, MI*
Provides Sexual Health Women’s Health and LGBTQA+ Healthcare. For more information, please visit the GVSU Health Hub website or call 616-252-6030

**Physical Health**—Recreation and Wellness
Offers Club sports, intramural sports, group exercise, personal training, small group training, injury care clinic, outdoor adventures, pool, and more. For more information, call 616-331-1732, email rec@gvsu.edu or visit the Campus Recreation and Wellness website.
Health Resources for GVSU Students

**Nutritional Health**

*Campus Recreation and Wellness Dietitian*

Offers Nutrition Counseling, free consultations, and presentations. For more information, call 616-331-8989, or visit the [campus dietitian page](#).

**Nutritional Health**

*Replenish*

Replenish is a very active student food pantry located in Kirkhof. For more information and to check availability and hours, call 616-331-7867 or visit the [Replenish webpage](#).

**Other Health Services**

*Student Wellness Guide*

Campus Recreation has created a centralized resource for all things student wellness. The guide is constantly being updated and added to. For more information, check out the [student wellness guide](#) or visit the [Student Wellness Website](#).

*Alcohol and Other Drugs Services*

Grand Valley also offers help for substance abuse prevention and education, intervention, and recovery. The webpage offers services for both students and faculty, and staff. For more information, call 616-331-2537 or visit the [AOD webpage](#).

**Local Resources**

*Health Insurance*—Affordable Care Act Marketplace

Offers medical insurance plans and lays out costs. For more information, visit the [Affordable Care Act Marketplace website](#).

*Medical Services*

*Network180*

Offers help with Mental Health, Substance Abuse, and Developmental Disabilities by linking providers with services they need. For more information, call 616-336-3909 or visit the [NetWork180 website](#).

*West Michigan Clinics, Hospitals, Healthcare Services*

Offers help with Behavioral health, mental health, heart care, neurology, cancer centers, child health, and more. For more information, call 616-301-8210, or visit the [West Michigan Clinics website](#).

*Michigan Hospitals by Health Systems*

Offers hospital services and breaks down hospitals by the healthcare system to offer you the best care. For more information, call 517-323-0946 or visit the [Michigan Hospitals website](#).
Health Resources for GVSU Students

**Mental Health**—Pine Rest Christian Mental Health Services
Offers help for depression, anxiety, ADHD, anger management, grief and loss, sexual abuse, stress management, substance abuse, and more. For more information, call 616-455-5000 or 800-678-5500, or visit [the Pine Rest website](#).

**Reducing Compassion Fatigue, Secondary Traumatic Stress, and Burnout: A Trauma-Sensitive Workbook**
The GVSU Libraries now has this book available for all students to through an e-book license. Here is the direct link to the text - [https://ezproxy.gvsu.edu/login?url=https://www.taylorfrancis.com/books/9780429056734](https://ezproxy.gvsu.edu/login?url=https://www.taylorfrancis.com/books/9780429056734)

**Sexual Health**
*YWCA*
Offers help for survivors of domestic and dating abuse, sexual assault, and child sexual abuse. Offers safe living and shelters for survivors. For more information, call 616-454-9922 or visit [the YWCA website](#).

*Planned Parenthood*
Offers help with sex education, birth control, cancer screenings, general health and wellness, emergency contraception, HIV services, LGBTQ+ services, and more. For more information, call 616-459-3101 or visit [the Planned Parenthood website](#).

**Health Services**
*Kent County Health Department*
Offers Health education, COVID-19 testing, sexual health, environmental health, substance abuse, children and family needs, immunizations, disease management, and more. For more information, call 616-632-7083 or visit [the Kent County Health Department website](#).

*Baxter Community Center Holistic Health Center*
Offers healthcare for both insured and uninsured patients, including a kidney specialist. For more information, call 616-456-8593 or visit [the Baxter Community Center website](#).

*Catherine’s Health Center*
Offers preventative screenings, women’s health exams, behavior health services, eye exams and eye care, physical therapy, and more. For more information, call 616-336-8800 or visit [the Catherine’s Heart Center website](#).

*Clinica Santa Maria*
Offers healthcare for underserved, migrants, uninsured, and others. The staff are bilingual. Services include immunizations, pregnancy testing, prenatal/postpartum care, maternal infant health care, TB testing, and more. For more information, call 616-685-8400 or visit [the Clinica Santa Maria website](#).
Cherry Health
Offers primary care, women’s health, pediatrics, dental, vision, behavioral health, mental health, correctional health, and more. For more information, call 616-965-8308, email newpatient@cherryhealth.com, or visit the Cherry Health website.

Health Services
Oasis of Hope
Offers services for the uninsured who live in poverty. Services include same-day sick visits, chronic disease management, and mental and spiritual counseling. For more information, call 616-451-8868 or visit the Oasis of Hope website.

Veteran Resources
Battle Creek VA Medical Center
Provides health care services to veterans in 20 southwest Michigan counties. It is classified as a neuropsychiatric facility and is the hub of mental health care for VA Medical Centers in the lower peninsula of Michigan. For more information, call (269) 966-5600 or visit the Battle Creek VA Medical Center website.

Grand Rapids Veterans Affairs Clinic
The Wyoming VA Community Based Outpatient Clinic offers primary medical and mental health services. Once eligibility has been determined, each patient enrolling for care is assigned to a primary care provider and team, who provides continuous and coordinated care. For more information, call (616) 249-5300 or visit the Grand Rapids Veterans Affairs Clinic website.