



HERITAGE COMMUNITY COLLEGE

Health, Safety & Wellness Guide

1. Health Coverage and Accessing Care

1.1 Maintain continuous health coverage

You must maintain health insurance coverage during your stay. Without coverage, medical services can be very expensive.

1.2 Knowing where to go for care

Common options (depending on your situation) may include:

- Walk-in clinics
- Family doctors (if available)
- Urgent care centres
- Emergency departments (for serious emergencies)

1.3 What to keep ready

- Your insurance card and policy information
- Emergency contact details
- A list of any medications you take

2. Mental Health and Well-being

Moving to a new country can affect mental health. It is normal to feel:

- Homesick
- Stressed
- Lonely
- Overwhelmed

Healthy steps include:

- Keeping a routine (sleep, meals, study schedule)
- Connecting with peers and community
- Asking for help early

If you feel persistent distress that affects your daily function, seek support.

3. Personal Safety and Campus Safety

3.1 Basic personal safety

- Keep valuables secure
- Be aware of your surroundings



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- Avoid unsafe areas late at night

3.2 Emergency response

In emergencies, call **911**. Examples include:

- Serious injury or medical emergency
- Fire
- Immediate safety threats

Follow evacuation procedures if alarms occur.