

Health Education Outreach

HEO
HEALTH EDUCATION OUTREACH

THE CLAREMONT COLLEGES
SERVICES

Overview

The Health Education Outreach (HEO) department at The Claremont Colleges is dedicated to fostering a healthy, informed student community across the 5Cs. We aim to provide students with the knowledge, resources, and support they need to make informed decisions about their health and well-being, ultimately empowering them to lead balanced and healthy lives during their college years and beyond.

HEO Services

- ◆ Provides safe sex supplies (variety of condoms and lube, finger cots, and dental dams),
- ◆ Provides 100% organic cotton and gynecologist-approved menstrual health products.
- ◆ Provides a variety of health and wellness literature/zine collection for student's collection.
- ◆ Along with connecting students to in-house campus resources, we also connect students to outside resources that will support the student's needs such as local planned parenthood or health clinics.
- ◆ Supplies dental hygiene products and provides education on maintaining proper oral care.
- ◆ Administers Narcan and offers in-depth, peer-to-peer training on overdose prevention and response.
- ◆ Provides rapid COVID-19 testing for students, ensuring timely results and peace of mind.

Student Experience

TCC students consider the HEO department as a safe space to come and take care of their individual health/wellness needs while enjoying spending time with peers or grabbing a snack to fuel them through the day. To fully understand the role of HEO and the services we currently provide, we encourage students to email us at HEO@claremont.edu or call us at (909) 607-3602. Let's chat about it!

Enrichment

The HEO department has several trained student leaders, known as Peer Health Educators (PHEs), who serve as student ambassadors to represent the student body of the 5Cs. They strive to educate and promote healthy behaviors and lifestyle changes on campus by contributing to the design and implementation of programming and outreach events and raising awareness and knowledge of various wellness topics among their peers.

Mission Statement

To foster a campus environment where students are empowered to achieve their full potential through health and well-being. We provide comprehensive services and resources designed to educate, support, and inspire the 5C community. We strive to build a healthier community within The Claremont College Consortium, one campus at a time.

Connect with Us

please visit our website for more information and upcoming events:
<https://services.claremont.edu/heo/>

f [heo.claremont.1](https://www.facebook.com/heo.claremont.1)

@ [healtheducationoutreach](https://www.instagram.com/healtheducationoutreach)

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At a Glance

Similar to the other student services, the HEO department is a shared service provider for all of the seven colleges within the community. We are excited at the opportunity to serve our students again since our closure in early 2020.

- ◆ All services and resources provided are free of charge to students
- ◆ Confidential one-on-one educational sessions available upon requests
- ◆ Some services will be performed with the assistance of SHS

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