



Emergency Information

If you are ill or injured when the Health Center is closed contact Student Affairs (Ayotte Admin Bldg) Room AD-127, during the daytime, Safety and Security after business hours.

Student Affairs: 207-859-1243

Health Center: 207-859-1401

For a serious emergency
Dial 9-1-1
Then Call
Safety and Security
207-859-1399

Local Hospitals

Inland Hospital

207.861.3000 | 200 Kennedy Memorial Dr, Waterville

Maine General Medical Center -

207.872.1000 | 149 North St., Waterville

Non-Urgent Health Care

MGMC Express Care

207.877.3450 | 211 Main St., Waterville
(across from Rite Aid)

Northern Light Walk-in Care,

207.861.6140 | 174 Kennedy Memorial Dr, Waterville.



Services Provided

- Acute care for common illness/injuries
- Blood pressure screening
- Counseling referrals
- Dietary/eating disorder consultations
- Flu vaccine clinics
- Follow up care for illness/injury
- Health education
- Monitoring of chronic illness
- Prescriptions
- Preventative health care
- Referrals
- Testing for pregnancy, Strep, STIs, UTIs
- Women's/Men's health issues/clinics

Cheryl Daggett, APRN-CNP

Director of Health Services

Health Center Walk-in Hours

Mon., Tues. & Thurs.:

8:15 a.m. - 11:30 a.m. & 12:30 p.m. - 4:15 p.m.

Wednesday: 1:00 p.m. - 5:45 p.m.

Friday: 8:00 a.m. - 11:45 p.m.

Phone: 207.859.1401 | Fax: 207.859.1126

Mission Statement

To contribute to the optimal development of the individual student and the college environment by maintaining and restoring physical, emotional and social well-being through clinical, education and outreach efforts. The staff strives to create a positive learning experience by encouraging respect of self and community.

Confidentiality

The Thomas College Health Center complies with the HIPPA guidelines for privacy. The student is responsible for notifying their family or guardian regarding a health problem.

Health Records

Students must have their physical exam, medical questionnaire and immunization records on file in the Health Center. Maine State Law requires 2 doses of MMR and a Tetanus Diphtheria vaccination done within the last 10 years prior to attendance at class or other campus activities. Contact your healthcare provider and/or high school to obtain a copy of these records.

Health Services

Services available through the Health Center include evaluation and treatment for common illnesses and injuries, prescriptions and preventative health care. Follow-up care and referrals are arranged as necessary. We are staffed by a full time Nurse Practitioner. A mental health professional is also available on campus as a resource for students.

Health Education and preventative health programs are sponsored throughout the year for all of our students. Some of these are: Alcohol Awareness, Eat Well, Sleep Well, Staying Active and Becoming Tobacco Free!



Off-Campus Hotlines:

AA Hotline
800-737-6237

AIDS Hotline
800-851-2437

Family Planning
207-509-3267

Maine Tobacco Hotline
800-207-1230

Narcotics Anonymous
800-974-0062

Sexual Assault Crisis & Support
800-871-7741

Suicide/Mental Health Hotline
888-568-1112

Family Violence Hotline
877-890-7788

Human Trafficking Hotline
888-373-7888

