

A woman with dark curly hair is shown in profile, looking out a window. The background is a warm, out-of-focus view of trees and light. A white line-art graphic of a brain is superimposed over the woman's head.

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The Health Edition

Welcome to the Student Clinic



When combined with the costs of tuition, food and housing, maintaining one's health both mentally and physically can become especially difficult for students. Recognizing these challenges, Southern Utah University has taken important steps to support its students' well-being through the Student Health Clinic.

For nearly three years now, the SUU Student Health Clinic has provided free medical services to students. This accessible care seeks to reduce the financial strain that often comes with health services.

Located on the first floor of the Bennion Building in Room 111, the clinic was reestablished in 2022 after years of absence through a partnership with FourPoints Health. It operates on a walk-in, first-come, first-served basis from Monday to Friday, 9 a.m. to 5 p.m.



Rachel Penrod, a medical assistant at the clinic, shared that the initiative has grown steadily since its reopening.

"Our numbers just keep going up," Penrod said. "The first year, we were kind of slow because not a lot of people knew we were here. But each year, more and more students come in, so it's definitely been a good thing."

Penrod emphasized that the clinic serves as an important first stop for students seeking care.

"We like to tell everybody that they can start here," she said. "We're the free clinic, and if there's something we can't do, we'll refer students to where they need to go."

SUU student Emma Elia shared her own experience, highlighting the importance of visiting the clinic early rather than waiting for a condition to worsen.

"I would recommend students to go there before their disease gets worse because I made the mistake of not going when I had a sore throat. It got worse, I wasn't able to eat, drink or even breathe," Elia said. "I was about to die really because I wasn't able to do anything, so I had to go to the hospital and got a fee of \$10,000. So if you have something, just go — you'll be thankful later."





Inside one of the medical room

Aside from emergency cases, the clinic offers a variety of essential services that allow students without financial means or transportation to receive the care they need.

These include acute and chronic care, basic laboratory services, such as tests for COVID-19, pregnancy and urinary infections, sports physicals and preventive care like birth control.

According to Penrod, the clinic treats between 25 and 30 students per day for a variety of concerns, ranging from minor injuries and illnesses to medication consultations.

Elia, who has visited the clinic multiple times, praised both the environment and the staff.

"I went to the clinic my first year at SUU for a sore throat, and recently because I cut my toenail too short I wanted to avoid an infection," said Elia. "The service was good. I liked that there are free goodies and that the staff are really kind."

In addition to medical services, the clinic provides essential hygiene products, such as deodorant, shampoo and hand sanitizer, free of charge for students who visit.

Before being seen, students wait and complete a short intake form to help establish their medical history and ensure appropriate care. Prescriptions can be filled at various local pharmacies, giving students convenient access to medications.

"Like I said before, we're a good place for everybody to start," Penrod added. "If you just don't know what to do, you can at least come here, and we'll do our best to help you."

As more students become aware of its services, staff members hope the SUU Student Health Clinic continues to grow as a vital resource on campus. Not only by supporting physical and mental health, but also by providing peace of mind for students managing academic and health demands.



SUU Clinic's waiting room

The Bennion Building also houses other essential resources, including the Counseling and Psychological Services office and the Title IX office. Additionally, the Health and Wellness Office, located in the Sharwan Smith Student Center, offers a telehealth kiosk where students can video conference with a doctor or receive assistance connecting with off-campus medical providers.

Together, these services reflect SUU's ongoing commitment to supporting student health and well-being.

-Written by Fanny Felixine

