

Do you know about...

# Mental Health

## RESOURCES

The Student Health & Wellness team is here to support students' mental health.

### CLINICAL COUNSELING

provided by a Licensed Clinical Social Worker (LCSW) to students who are enrolled in the current semester. Mental Health Crisis Walk-in Hours at 11AM or 3PM

### THE COLLEGE NURSE

provides nursing health care for individual students to support the student's mental and physical wellness.

### APPOINTMENTS

are available either in-person or through a HIPAA compliant Zoom (telehealth) platform.

Request a Consultation to get started.

### OFFICE HOURS:

Monday-Friday 8AM-12PM & 1-4PM

### CONTACT INFORMATION:

(530) 242-7580 Room 2020

[www.shastacollege.edu/wellness](http://www.shastacollege.edu/wellness)

Campus Well Digital Health Magazine is a free online magazine covering a variety of college health issues including sleep, nutrition, physical activity, stress and more: [shastacollege.campuswell.com](http://shastacollege.campuswell.com)

Mindwise free, confidential online mental health screenings: [screening.mentalhealthscreening.org/Wellness](http://screening.mentalhealthscreening.org/Wellness)

As alcohol & substance use can impact your mental health, we have 2 free, confidential screenings available: eCHUG & eTOKE. Get accurate & personalized feedback about your individual pattern of drinking or cannabis use. Access them at [shastacollege.edu/wellness](http://shastacollege.edu/wellness) under the Online Health Screenings tab.



### FREE AND CONFIDENTIAL RESOURCES

#### 988 SUICIDE & CRISIS LIFELINE

Dial 988  
[www.988lifeline.org](http://www.988lifeline.org)

#### CRISIS TEXT LINE

Text: "courage" To: 741-741  
[www.crisistextline.org](http://www.crisistextline.org)

#### RED NACIONAL DE PREVENCIÓN DEL SUICIDIO (Spanish Speaking Suicide Prevention Lifeline):

Dial 988 (Press 2) [www.988lifeline.org/es/servicios-en-espanol/](http://www.988lifeline.org/es/servicios-en-espanol/)

#### THE TREVOR PROJECT (Crisis Intervention & Suicide Prevention for LGBTQ Youth under 25):

1-866-488-7386  
[www.thetrevorproject.org](http://www.thetrevorproject.org)

#### VETERANS CRISIS LINE

Dial 988 (Press 1)  
[www.veteranscrisisline.net](http://www.veteranscrisisline.net)



**Shasta College**

[www.shastacollege.edu](http://www.shastacollege.edu)

Shasta College is an equal opportunity educator and employer.



**Student Health and Wellness**  
(530) 242-7580