



HEALTH CENTER

STUDENT HEALTH  
SERVICES

# Summer RESOURCES

STAY HEALTHY THIS SUMMER!

Visit [www.elcamino.edu/StudentHealthServices](http://www.elcamino.edu/StudentHealthServices) to sign up for services and to learn more about how El Camino College supports healthy lifestyle practices for all Warriors.

## FREE VIRTUAL NURSE PRACTITIONER CONSULTATIONS

- El Camino College's nurse practitioner is available for COVID-19-related questions and concerns, self-care advice with over-the-counter therapeutics, local referrals and more.
- New for summer 2020: Asymptomatic STI (sexually transmitted infection) screening and Plan B emergency contraception prescriptions.

## FREE TELEMENTAL HEALTH PSYCHOTHERAPY SESSIONS

- Our short-term telemental health psychotherapy visits help students address emotional distress in a safe, nonjudgmental environment. Students can explore possible solutions to presenting concerns and develop more effective coping strategies.
- Services include individual psychotherapy, group workshops, off-campus resources and referrals, and short-term crisis intervention.

## WEEKLY VIRTUAL WORKSHOPS

### MINDFULNESS MONDAYS

Restore and heal your mind, cultivate awareness, kindness, compassion and joy. Meditate and leave with a deep sense of connection with your community and the world around you.

**Every Monday at 9 a.m. starting 6/22**

### UNDERSTANDING & COPING WITH DEPRESSION & ANXIETY

Learn what depression and anxiety are and practice effective ways to cope. Coping strategies include mindfulness, helpful thinking patterns, healthy behaviors and guided meditation.

**Every Monday at 5 p.m. starting 6/22**

### COPING WITH TRIGGERS & TRAUMAS

Share innermost thoughts and feelings about the *pandemics* that may take hold in our lives. Learn how current stressful events affect mood and well-being.

**Every Wednesday at 12 p.m. starting 6/24**

### JUNTOS UNIDOS! SPANISH LANGUAGE SUPPORT GROUP FOR STUDENTS

Acompáñenos para conectarse y apoyarse mutuamente durante estos tiempos difíciles. Learn healthy coping and communication skills. All students welcome!

**Every Thursday at 3 p.m. starting 6/25**



El Camino College

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