

STUDENT HEALTH SERVICES

Summer Resources

FREE VIRTUAL & IN-PERSON MEDICAL VISITS

- Low-cost lab work and TB screenings
- Low-cost medications and birth control
- Free STI screenings and condoms
- Low-cost emergency contraception (Plan B)
- All same-day visits are by appointment – call, stop by, or visit our Patient Portal online!

FREE VIRTUAL & IN-PERSON MENTAL HEALTH SESSIONS

- Our short-term mental health psychotherapy visits help students address emotional distress in a safe, nonjudgmental environment.
- Services include individual psychotherapy, group workshops, off-campus resources and referrals, and short-term crisis intervention.



TIMELYCARE

FREE Virtual Mental Health Counseling
Available 24/7/365

SUMMER 2023 WORKSHOPS & EVENTS

PROTECT YOUR PRIVATE PARTS 2.0

Are you doing all that you can to maintain your reproductive health? From self-exams to screenings to preventative vaccines/medications, come and learn more about the steps you can take to protect yourself!

Presented by Courtney Crockett, SHS Registered Nurse | ZOOM | Tuesday, 6/27 | 11AM–12PM

THE FENTANYL FACTOR

This workshop will explain the risks of Fentanyl – a synthetic opioid causing a record high spike of unintentional overdoses across the United States. *Overdose Prevention and Harm Reduction practices will be reviewed.*

Presented by Dr. Julie Poepoe, SHS Nurse Practitioner | ZOOM | Wednesday, 7/12 | 1–2PM

STOP THE BLEED®

With three quick actions, you can be trained to save a life. The number 1 cause of preventable death after injury is bleeding. That's why we want to train you how to STOP THE BLEED®. *Registration Required*

Presented by Lina Berrio, SHS Registered Nurse | Health Sciences Building – Room 208 Tuesday, 7/18 | 1–2PM

MENTAL HEALTH FIRST AID

Learn the skills needed to help an adult person in mental health crisis until the appropriate professionals can intervene. This is a 6-hour virtual (8-hour in-person) training to receive a 3-year certification. *Help a friend AND help your resume! Registration Required*

Presented by Vickie Beckwith, SHS Registered Nurse | ZOOM | Friday, 6/30 | 9AM–3PM

Health Sciences Building – Room 209 | Tuesday & Wednesday, 7/25 & 7/26 | 9AM–1PM

THERAPY DOGS WITH ACTIVE MINDS!

Student Services Plaza | 6/28 & 7/19 | 10:30AM–12:30PM

WARRIOR WELLNESS WEDNESDAY

Join this space to encourage body positivity through movement that is tailored to your own comfort, practice various mindfulness techniques, and establish a greater sense of confidence in ones' ability to move through life.

Presented by Alexis Johnson, SHS Registered Nurse | Library Lawn | Wednesday, 7/12 11AM–12PM



Sign up at www.elcamino.edu/StudentHealthServices

For accessibility-related questions, please contact SHS at **310-660-3643**.



**STUDENT
HEALTH
SERVICES**
EL CAMINO COLLEGE

MENTAL HEALTH CRISIS? (Two options available 24/7/365)

El Camino College Emotional Crisis Line: **310.660.3377**

TimelyCare: Access in **Canvas**, the **TimelyCare App**, or visit TimelyCare.com/elcamino

**El Camino
College**

