

STUDENT HEALTH SERVICES

Summer Resources

SUMMER 2022: SELF-CARE RESET!!

Visit www.elcamino.edu/StudentHealthServices to sign up for services and workshops, and to learn more about how El Camino College supports healthy lifestyle practices for all Warriors.

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)
- Free COVID-19 Vaccinations and Boosters
- 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

WELLNESS WORKSHOPS & EVENTS

MENTAL HEALTH FIRST AID CERTIFICATION

- Learn the skills needed to help an adult person in mental health crisis until the appropriate professionals can intervene.
- An interactive 6-hour virtual training to receive a 3-year certification:

Help a friend AND your resume!

ZOOM | July 13 and Aug 2 | 9 a.m. to 3:30 p.m.

TIMELYCARE: YOGA SESSIONS AND GUIDED MEDITATIONS

- Get a 4.0 in Self-care!
- FREE On-Demand sessions online at TimelyCare.com/elcamino
(No need to login – just scroll down!)

THE FENTANYL FACTOR: OVERDOSE PREVENTION WORKSHOP

- One Pill can Kill: Fentanyl is a synthetic opioid causing a record high spike of unintentional overdoses across the United States.
- Review Overdose Prevention materials and Harm Reduction practices.

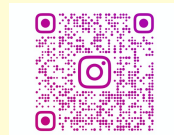
ZOOM | June 30 | 10 a.m.

THERAPY DOGS: PET TO DE-STRESS!

PAWS from the “new normal” and get some puppy love!

**Library Lawn | July 12, July 27 and August 4
10:30 a.m. to 12:30 p.m.**

Presented by Active Minds Student Club: ***sign-up today!***



ACTIVEMINDS.ECC



Sign up at www.elcamino.edu/StudentHealthServices

For accessibility-related questions,
please contact SHS @ 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**

