

# STUDENT HEALTH SERVICES

## Summer Resources

### SUMMER 2022: SELF-CARE RESET!!

Visit [www.elcamino.edu/StudentHealthServices](http://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.**

#### 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.**

#### TIMELYCARE: YOGA SESSIONS AND GUIDED MEDITATIONS

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

#### 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!**



Sign up at [www.elcamino.edu/StudentHealthServices](http://www.elcamino.edu/StudentHealthServices)

For accessibility-related questions,  
please contact SHS.



**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](http://TimelyCare.com/elcamino)

**El Camino  
College**