

YOU DON'T HAVE TO DO COLLEGE ALONE

Available on the TimelyCare app or timelycare.com/sandiegocity



MedicalNow

On-demand support for common health issues.



Basic Needs

Access to free or reduced-cost community resources.



TalkNow

24/7, on-demand emotional support to talk about anything.



CrisisNow

24/7 Phone-based crisis support



Scheduled Medical

Choose your preferred day, time, and medical provider.



Self-Care Content

Visit the "Self-Care" page for guided self-care content.



Scheduled Counseling

Choose your preferred day, time, and mental health provider.



Peer Community

Share your experiences with a nationwide network of students.


timelycare

Having a backup plan...
ALWAYS SMART.



SIGN IN NOW

100% FREE * NO INSURANCE NEEDED * 100% FREE