Supporting Our Mental Health
Summer 2020
A brief overview of how to take care of ourselves during these uncertain times!

By Abby Weisman
A Brief Introduction

• This presentation was developed by the City College’s Mental Health Counseling department (part of the Student Health Center)

• Formally located in A-180, we now offer services virtually!

• For any non-emergency issues, students can reach out to us Monday-Friday by calling the office at 619-388-3055 or by visiting our website at http://sdcity.edu/students/services/mental-health/

*More on our services later on!
Other On-Campus Support

**Student Health Clinic**
(formally in A-180)

Now offering a Health Advice/Medical Consultation Line with a Registered Nurse or Nurse Practitioner
(619) 388 – 3450

http://sdcity.edu/students/services/student-health/index.aspx

**Academic Counseling**
(formally in A-366)

Work With A Counselor to Create An Ed Plan That Fits Your Academic Goals
(619) 388 – 3540

http://sdcity.edu/students/counseling/

**Veterans Services**
(formally in A-241)

Utilize Your Unique Skills As Part Of The Greater Campus Community
(619) 388 – 3698

http://sdcity.edu/students/military/index.aspx
A Few Things About Stress

• Stress affects everyone.

• Not all stress is bad. Stress can motivate people to prepare or perform, like when they need to take a test or interview for a new job.

• HOWEVER long-term stress can harm your health. If the stress response goes on for too long, some people may experience digestive symptoms, headaches, sleeplessness, sadness, anger or irritability to name a few.

• There are effective ways to manage stress.
Stress During Summer of 2020

Systemic Racism and Oppression

Me

COVID-19

Every Other Real Stressor In My Life
DISCLAIMER: It is OKAY to not feel okay during a crisis.
Ways To Effectively Manage Stress

- Recognize The Warning Signs
- Keep A Routine With Consistent Sleep And Meals
- Stay Connected To Loved Ones
- Make Time For Regular Exercise
- Limit Caffeine, Alcohol, and Nicotine
- Download A Meditation Or Mindfulness App
- Monitor Your News Intake
- Limit Social Media
- Take Deep, Focused Breaths
- Challenge Unhelpful Thoughts
- Practice Self-Compassion
- Utilize Emergency Resources

*Still Need Help? Reach Out For Professional Support!
You can't pour from an empty cup. Take care of yourself first.

*Prioritize Your Self-Care
City College’s Student Health Center is now offering teletherapy to City students!

**What's teletherapy?** Teletherapy is free, confidential support over secured video chat with a City College Mental Health Counselor.

**It's free?** Yes! Covered by your student health fee.

**It's confidential?** Yes. Mental Health Counseling takes precautions to ensure the services will be confidential. And they review any/all limitations with you right from the start.

**How do I know if it's a good fit for me?** All students can request a phone consultation to find out if these services would be a good option for their needs.

**Okay, where do I start?** Go to the Mental Health Counseling’s website at: [http://sdcity.edu/students/services/mental-health/index.aspx](http://sdcity.edu/students/services/mental-health/index.aspx) and the information will be right at the top.
Emergency Support

Please write these down or plug them in your phone. You never know when they could save a life!

**911.** If you or anyone you know is feeling suicidal, that is considered an emergency. In San Diego, you can ask to be connected with a member of the Psychiatric Emergency Response Team (PERT).

**1-888-724-7240.** The Access/Crisis Line is a local resource open 24/7. Free & confidential. Will connect you over the phone to a mental health professional.

**Text COURAGE to 741741.** The Crisis Text Line is another 24/7 resource. Also free & confidential (and doesn’t show up on phone bill!). Provides support over text.

**1-800-273-8255.** National Suicide Prevention Lifeline. 24/7. Free & confidential.

**Center for Community Solutions: 858-272-5777** San Diego Rape Crisis Center. 24/7. Free & confidential.
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<thead>
<tr>
<th>Name</th>
<th>Phone Number or URL</th>
<th>Description</th>
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<tbody>
<tr>
<td>USC Telemental Health</td>
<td><a href="https://dworakpeck.usc.edu/research/centers-affiliations/telehealth">https://dworakpeck.usc.edu/research/centers-affiliations/telehealth</a></td>
<td>Free online counseling and psychotherapy in English and Spanish, 50 minute sessions for 12 weeks</td>
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<tr>
<td>Lyft App</td>
<td><a href="http://www.lyfapp.com">www.lyfapp.com</a></td>
<td>Low cost counseling and psychotherapy via mobile device app</td>
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<td>Sanvello</td>
<td><a href="http://www.sanvello.com">www.sanvello.com</a></td>
<td>Free during COVID-19, online platform that provides clinically validated techniques for dealing with stress, anxiety and depression. Download the free app on your mobile device</td>
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<td>Depression and Bipolar Support Groups</td>
<td><a href="https://www.supportgroupscentral.com/groups_detail.cfm?cid=18&amp;CFID=1659073&amp;CFTOKEN=9a43fd5bf2a7eeef3-867ac96a-c4f9-851e-174617d570db27371">https://www.supportgroupscentral.com/groups_detail.cfm?cid=18&amp;CFID=1659073&amp;CFTOKEN=9a43fd5bf2a7eeef3-867ac96a-c4f9-851e-174617d570db27371</a></td>
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<td>AA Online Meetings</td>
<td><a href="http://aa-intergroup.org/directory.php">http://aa-intergroup.org/directory.php</a></td>
<td>Free substance abuse support groups</td>
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<tr>
<td>SMART Recovery Online Meetings</td>
<td><a href="https://www.smartrecovery.org/community/calendar.php">https://www.smartrecovery.org/community/calendar.php</a></td>
<td>Free substance abuse support groups</td>
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<td>Mobile Food Pantry, So Others May Eat Inc.</td>
<td><a href="mailto:soothersmayeatinc@san.rr.com">soothersmayeatinc@san.rr.com</a></td>
<td>Offers perishable and non-perishable food items and personal hygiene</td>
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<tr>
<td>Hand Up Mobile Food Pantry, St Paul's</td>
<td><a href="http://www.ifssd.org/site/PageServer?pagename=programs_food_assistance_food_pa">http://www.ifssd.org/site/PageServer?pagename=programs_food_assistance_food_pa</a></td>
<td>Provides food bags to those in need due to homelessness, financial difficulties, or other transitional and/or crisis issues and emergency food. Food bags are considered supplemental to other resources. Non-perishable items, bread, fresh produce, hygiene items, and other perishables are available.</td>
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<td>National Association of Anorexia Nervosa and Associated Disorders (ANAD) Support Groups</td>
<td><a href="https://anad.org/online-support-groups/">https://anad.org/online-support-groups/</a></td>
<td>Free and low cost online support and self-help groups for eating disorders</td>
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<td>Bridge Club Virtual Group</td>
<td><a href="https://www.jointempest.co/bridge-club">https://www.jointempest.co/bridge-club</a></td>
<td>Community-led peer support group for women and gender non-conforming folks who are sober or interested in sobriety</td>
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<td>Warmlines</td>
<td><a href="http://www.warmline.org/">http://www.warmline.org/</a></td>
<td>Early intervention with emotional support that can prevent a crisis. Free, confidenia and peer-led</td>
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<td>Meditations and Calming Exercises</td>
<td><a href="https://www.calm.com/blog/take-a-deep-breath?utm_source=lifecycle&amp;utm_medium=email&amp;utm_campaign=difficult_times_sub_031720">https://www.calm.com/blog/take-a-deep-breath?utm_source=lifecycle&amp;utm_medium=email&amp;utm_campaign=difficult_times_sub_031720</a></td>
<td>Free guided meditations and grounding exercises</td>
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**Mental Health Support For BIPOC**

**Black Mental Health Alliance:** Licensed culturally-competent clinicians for behavioral and mental health treatment. [https://blackmentalhealth.com/](https://blackmentalhealth.com/)

**Black Emotional And Mental Health (BEAM) Collective:** an organization committed to the emotional/mental health and healing of Black communities. [https://www.beam.community/](https://www.beam.community/)

**The Unplug Collective:** a place where Black and Brown womxn and non-binary folks can share their stories about existing in their bodies without being silenced or censored. [https://theunplugcollective.com/](https://theunplugcollective.com/)

**Inclusive Therapists:** Find a therapist that celebrates your identity [https://www.inclusivetherapists.com/](https://www.inclusivetherapists.com/)

**National Queer and Trans Therapists of Color Network:** Transforming mental health for queer and trans people of color (QTPoC) [https://www.nqttcn.com/](https://www.nqttcn.com/)

**Melanin And Mental Health:** Culturally competent clinicians serving the mental health needs of Black and Latinx/Hispanic communities. [https://www.melaninandmentalhealth.com/](https://www.melaninandmentalhealth.com/)

**Therapy for Black Men:** A directory to help men of color in their search for a therapist. [https://therapyforblackmen.org/](https://therapyforblackmen.org/)

**The AAKOMA Project:** Supports the mental health of diverse teenagers and young adults [https://aakomaproject.org/](https://aakomaproject.org/)
OPEN SPACE, NO HATE

A safe weekly group for progressive thinking students* who may be having thoughts or difficulties processing the current state of our world.
*(please be ready to show your student ID for entry)

WEDNESDAYS AT 2:00PM
Zoom ID: 504 560 2282 CODE: 4Z1Fnt

How has systemic racism affected my life or those around me?

How do I make sense of 2020?

Watching the news is overwhelming, how can I find my voice in what is going on...

Are people still worried about COVID? I am...

I am so lonely

GROUP FACILITATOR:
Jarishe Street, LMFT is a passionate therapist whose mission is to provide a voice and underscoring to underserved and underrepresented communities. Jarishe received her first masters degree in Christian Based Marriage and Family Therapy and her second masters in Couples and Family Therapy. Jarishe works at City College last year as part of the interim training program. Our currently enrolled in NASM Accredited Transitional Housing Program for former foster youth as their lead clinician. We are delighted to have her back to provide added support through the summer.

EXPRESSIONS OF A BLACK MAN

THURSDAYS AT 11:00 AM
ZOOM ID: 920 6851 8079 CODE: 350998
(**please be ready to show student ID for entry)

FACILITATED BY MYLES CHILDS

Discussion-based group for Black masculine-identified students to explore Black masculinity, what it means to be a Black man in today's society, and how to build community with other Black men.
thank you