The Mindful City

October 2023 | Volume 4, Issue 2
Monthly E-Newsletter Brought to You By the San Diego City College Student Health Center

Domestic Violence Awareness Month

Domestic violence is prevalent in every community, and affects all people regardless of age, socio-economic status, sexual orientation, gender, race, religion, or nationality. Physical violence is often accompanied by emotionally abusive and controlling behavior as part of a much larger, systematic pattern of dominance and control. The devastating consequences of domestic violence can cross generations and last a lifetime.

Event Highlight: DV Awareness

National Domestic Violence Hotline at 1-800-799-7233.
online chat service available or you can text LOVEIS to 22522.
Local resources
Kathy’s Legacy San Diego Resources: How to get help
*more resources available at the end of the newsletter

About Us:
Hello San Diego City College!
Welcome to the Student Health Center’s monthly newsletter where you will find information on wellness tips, events, and resources for students, faculty and staff. Stay up to date with groups and workshops we offer by visiting our website: https://sdcity.edu/students/services/mental-health/

Fall Hours
Mental Health Counseling
Monday-Thursday: 8:00am-4:30pm
Monday and Thursday: 5:00pm-7:00pm teletherapy only
Friday: 9:00am-12:00pm teletherapy only
Student Health Clinic
Monday-Thursday: 8:00 am-4:30pm
From The Student Health Clinic:

How to Stay Healthy This Fall
As the fall season approaches, it’s important to prioritize your health and well-being. With the ongoing concerns of COVID-19 and the annual flu season, it’s crucial to understand the difference between their symptoms. Below is a table by the National Institute of Health comparing cold, flu, allergies and Covid-19.

<table>
<thead>
<tr>
<th>Symptoms</th>
<th>Cold</th>
<th>Flu</th>
<th>COVID-19</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fever</td>
<td>Rare</td>
<td>Usual, high (100–102°F), sometimes higher, especially in young children; lasts 3–4 days</td>
<td>Common</td>
</tr>
<tr>
<td>Headache</td>
<td>Uncommon</td>
<td>Common</td>
<td>Common</td>
</tr>
<tr>
<td>General Aches, Pains</td>
<td>Slight</td>
<td>Usual; often severe</td>
<td>Common</td>
</tr>
<tr>
<td>Fatigue, Weakness</td>
<td>Sometimes</td>
<td>Usual, can last up to 3 weeks</td>
<td>Common</td>
</tr>
<tr>
<td>Extreme Exhaustion</td>
<td>Never</td>
<td>Usual, at the beginning of the illness</td>
<td>Common</td>
</tr>
<tr>
<td>Stuffy, Runny Nose</td>
<td>Common</td>
<td>Sometimes</td>
<td>Common</td>
</tr>
<tr>
<td>Sneezing</td>
<td>Usual</td>
<td>Sometimes</td>
<td>Rarely</td>
</tr>
<tr>
<td>Sore Throat</td>
<td>Common</td>
<td>Sometimes</td>
<td>Common</td>
</tr>
<tr>
<td>Cough</td>
<td>Common</td>
<td>Common, can become severe</td>
<td>Common, dry cough</td>
</tr>
<tr>
<td>Chest Discomfort</td>
<td>Mild to moderate</td>
<td>Common; can cause trouble breathing or pain or pressure in the chest that calls for immediate emergency care</td>
<td>Common</td>
</tr>
<tr>
<td>Loss of Taste or Smell</td>
<td>Rarely</td>
<td>Rarely</td>
<td>Common</td>
</tr>
</tbody>
</table>

Tips for Staying Healthy this Fall:
- Get a flu shot and Covid-19 vaccine
- Avoid close contact with people, stay at least 6 feet away from others
- Cover coughs and sneezes
- Wash your hands often with soap and water for 20 seconds
- Use hand sanitizer if soap and water are not available
- Avoid touching your eyes, nose and mouth
- Clean and disinfect surfaces and objects that may be contaminated with viruses
- Practice healthy habits: maintain a balance diet, stay hydrated, exercise regularly and get enough sleep
- Stay home when sick
- Be Mindful of Travel

Remember, staying informed and following recommended guidelines is essential for your health and the well-being of the community. Stay informed, stay vigilant, and have a healthy fall semester.

For more information click on the links below:
https://newsinhealth.nih.gov/2022/01/it-flu-covid-19-allergies-or-cold

Student Health Clinic

Free APP

1. Download the Nod app on your mobile device. Nod can be downloaded on the App Store or Google Play.
2. Once installed, select San Diego City College from the school selection screen.
3. Create your own username and password.
4. Confirm your account/email via your emailed verification link. Please note: you must open the email and click the verify link from the mobile device you have installed Nod.
5. Have fun and explore ideas, reflections, and testimonials!
   - Ideas: prompts based on the science of social connection that help you take action.
   - Reflections: short in-app exercises to process social experiences, track your mood, reduce self-criticism, and build resilience.
   - Testimonials: real student perspectives on social connection.

SCAN ME
THE STUDENT HEALTH CENTER, IN COLLABORATION WITH THE OFFICE OF THE VICE PRESIDENT OF STUDENT SERVICES, BASIC NEEDS AND EQUITY ARE VERY EXCITED TO ANNOUNCE THAT SAN DIEGO CITY COLLEGE HAS OFFICIALLY PARTNERED WITH TIMELYCARE! THIS IS A VIRTUAL HEALTH, MENTAL HEALTH AND WELL-BEING (BASIC NEEDS) PARTNER AVAILABLE 24/7 FOR OUR SD CITY COLLEGE STUDENTS! THIS IS COMPLETELY FREE FOR STUDENTS. SCHEDULED VIRTUAL HEALTH CARE IS AVAILABLE! AND SO MUCH MORE!

WHILE THE STUDENT HEALTH CENTER IS STILL THE FIRST STOP FOR ALL OF OUR STUDENTS PHYSICAL AND MENTAL HEALTH CARE NEEDS, THIS PARTNERSHIP WILL OFFER SUPPORT AND RESOURCES TO OUR STUDENTS 24/7; EVENINGS, WEEKENDS AND EVEN WHILE WE ARE ON BREAKS BETWEEN SEMESTERS!

WHAT IS TIMELYCARE? HOW CAN IT BE USED TO SUPPORT THE HEALTH AND WELLNESS OF OUR STUDENTS? PLEASE READ BELOW AND SHARE THE FAQ’S WITH YOUR CLASSES!

WE ARE OFFERING 5 $25 AMAZON GIFT CARDS FOR STUDENTS WHO DOWNLOAD THE APP BEFORE 9/30/23. WE WILL BE SHARING MORE INFORMATION IN THE COMING WEEKS BUT WE NEED YOU TO HELP OUR STUDENTS LEARN ABOUT THIS POWERFUL RESOURCE.

FAQ

What is TimelyCare?
TimelyCare is a virtual health and well-being platform available 24/7 for San Diego City College students.

Who can use TimelyCare?
Any enrolled San Diego City College student can use TimelyCare.

How do I log in?
Go to timelycare.com/sandiegocity or download the TimelyCare app to access care.

How much does a visit cost?
There is no cost to enrolled San Diego City College students.

I already have insurance. How does TimelyCare benefit me?
With TimelyCare, you will have free, 24/7 access to providers from anywhere in the United States, regardless of your insurance status. So, you’ll never have to spend time or money looking for care, whether you’re on or off campus.

Can I get a prescription?
Yes, if the provider deems it clinically appropriate.

What can I be treated for?
TimelyCare’s providers can offer support for a wide range of common concerns, and after talking to you, will decide on the best course of treatment.

What services are available?
- **MedicalNow**: On-demand support for common health issues, including cold, flu, and allergies.
- **TalkNow**: 24/7, on-demand emotional support to talk about anything, including anxiety, relationships, depression, and school-related stressors.
- **Scheduled Medical**: Choose the day, time, and medical provider that best works for you.
- **Self-Care Content**: Visit the Explore page within TimelyCare for guided self-care content.
- **Basic Needs Support**: Access to free or reduced-cost community resources, including food and housing assistance, transit support, childcare, and finances.

JOIN NOW

WIN A $25 AMAZON GIFT CARD!
1. Download the TimelyCare app.
2. Register via your school email address.

It’s for Students. FOR FREE.
@timelycare
@timely_care
WEEKLY

Monday: Active Minds Chapter Meeting 12:00–1:00 PM in Student Health Ctr. A-180
Active Minds at SDCC is a team of students who serve as advocates, stigma fighters, and educators for mental health! For students. *No membership fee.

*Visit Active Minds & First Gen at Club Rush on 10/31 10:00 AM–2:00 PM in Gorton Plaza

MONTHLY

10/04: Black Student Support Group 12:30–1:30 PM A-101
A student-centered group for black students that will focus on connection, community building, and wellness.

10/04: Parent Wednesdays 1:00–2:00 PM in Student Health Center A-180
A monthly space for student-parents to build community and gain tips for mindful parenting. (Support Circle) Future dates: 11/1, 12/6

10/11: Self-Compassion Workshop 11:30 AM–12:30 PM in Student Health Center A-180
A monthly space for meaningful conversation about self-care and self-kindness. For students. Future dates: 11/8, 12/13

10/11 & 10/25 LGBTQIA Support Group 1:00 – 2:00 PM in the Pride Hub L-206
Join Our Community at City College. Discuss topics relevant to LGBTQIA in a safe and supportive space. To uplift and cultivate community.

10/11 & 10/25: First Gen Club Meeting 4:00–5:00 PM in First Gen Hub L-207
First Gen at SDCC is a student organization that supports first-generation College students. For students. *No membership fee.

SINGLE EVENTS

10/04: Como Dice El Dicho 12:00–1:00 PM in Pride Hub L-206
In honor of Chicano/Latina Heritage Month, come learn about how we use affirmations in our culture and create your own dicho to get you through this semester.

10/18: Domestic Violence Awareness 12:00–1:30 PM in Curran Plaza
Hear from representatives at the Student Health Clinic, Mental Health Counseling, Welcome Home City, The Center For Community Solutions, Jewish Family Services, and UCSD at SARC.

10/25: Undocu-Knights Healing Circle 12:00 – 1:00 PM in Student Health Center A-180
It is intended to provide a safe and brave space for our undocumented students to openly and collectively explore relevant mental health topics, learn coping skills, and build community.

For more information visit us in A-180 and/or review our website sdcity.edu/mentalhealthcounseling
Get Involved

Active Minds Chapter
Active Minds at City College is a team of students who serve as advocates, stigma fighters, and educators for mental health! All enrolled students are welcome to join. There is no membership fee! *Part of the nation’s leading nonprofit supporting mental health awareness and education for college students.

@active_minds_sdcitycollege
Fall Meetings: Mondays 12-1PM in A-180
To join or for questions contact: Nadia, Active Minds Faculty Advisor, at nsayeh@sdccd.edu

Peer Educators
As part of our suicide prevention efforts, we recruit student Peer Educators to serve as a link between the student body and Mental Health Counseling. Peer Educators will conduct presentations and host numerous de-stress events throughout the year in effort to reduce stigma with diagnoses and increase help seeking behaviors. All enrolled students are welcome to apply!
For questions, contact: Abby, Peer Educator Coordinator, at aweisman@sdccd.edu

First Gen
Join this group that focuses on the experience of first generation college students! The goal of First Gen is to create a supportive space for students to connect regularly and increase awareness of the needs of First Gen Students. This group plans/creates workshops and events that increase access to resources. Currently recruiting for all general officer positions and general membership!
Enrollment is free!
@first_gen_sdcitycollege

Meeting: Wednesdays 1-2 PM in L-206
To join or for questions contact: Diana, First Gen Faculty Advisor, at dhernandez001@sdccd.edu

The Student Health is on Canvas!
This shell includes short modules that give you a nice easy way to connect with physical and mental health services, learn about events and resources, and access wellness tips to support academic success! Self-enroll in DS-CITY-STUDENT-HEALTH-CENTER here to add the shell to your Dashboard. Its quick and easy!

The Student Health Center is on YouTube!
Click this link for the MHCC YouTube Channel

Classroom Presentations Now Available!
In-person, live online, or asynchronous!

The past two years have impacted us all greatly. We can’t expect our students to be successful academically without acknowledging and supporting their health and well-being. The Student Health Center remains fully functioning in the virtual world. We are here to help!

Please click the link below to complete a brief survey and request a presentation in your classroom right away!
https://www.surveymonkey.com/r/2QS98JB
RESOURCES

24/7 NATIONAL SUICIDE & CRISIS LIFELINE
Free/private/confidential
Call or text 9-8-8 for support from trained crisis counselors.

24/7 CRISIS TEXT LINE
Free/private/confidential
Text "COURAGE" to 741-741 (for College Students)
Text "AYUDA" to 741-741 OR 442-AYUDAME in WhatsApp (for Spanish-Speakers)
Text "STEVE" to 741-741 (for BIPOC)

STUDENT HEALTH CENTER
A-180
Website: sdcity.edu/students/services/student-health-center
Canvas: sdccd.instructure.com/courses/2384110
Student Health Clinic
P: 619-388-3450
IG: @sdcitystudenthealth
Mental Health Counseling
P: 619-388-3055
E: citymhcc@sdccd.edu
IG: @sdcitymentalhealth
Schedule a Mental Health Appointment!

FREE DOWNLAD & MEMBERSHIP (for a limited time)!
A research-backed, positive psychology app for college students to help build the friendships you want and need.

FREE HOW WE FEEL APP
A journal for your wellbeing.

24/7 SAN DIEGO HOTLINE
Free/private/confidential
Call 2-1-1 to connect with community, health, and disaster services.

NAMI San Diego Helpline
Free/private/confidential
Call 800-523-5933 OR 619-542-1434
Support resource for people with mental health challenges and their families.

CA PEER-RUN-WARMLINE
Free/private/confidential
Call 855-845-7415
A non-emergency resource for mental and emotional support.

24/7 CRISIS TEXT LINE
Free/private/confidential
Text "COURAGE" to 741-741 (for College Students)
Text "AYUDA" to 741-741 OR 442-AYUDAME in WhatsApp (for Spanish-Speakers)
Text "STEVE" to 741-741 (for BIPOC)

Mental health matters

FREE HOW WE FEEL APP
A journal for your wellbeing.

IG: @SDCITYMENTALHEALTH
FB: @MENTALHEALTHCOUNSELINGSDCITYCOLLEGE
CITYMHCC@SDCCD.EDU
(619) 388-3055