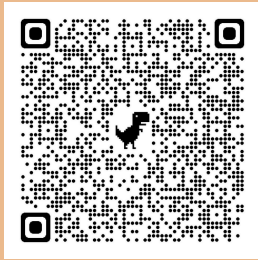


MENTAL HEALTH RESOURCES



CREDIT STUDENTS

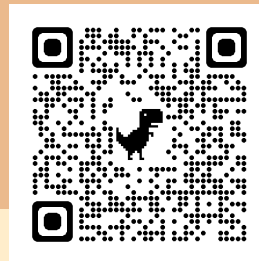
- ✓ Free, in-person or telehealth mental health counseling
- ✓ Schedule an appointment: 805-922-6966, ext. 3212
Complete appointment request here:



- ✓ Virtual Care Group: 24/7 telehealth mental health counseling & crisis counseling

NON-CREDIT STUDENTS

- ✓ Virtual Care Group: 24/7 telehealth mental health counseling & crisis counseling

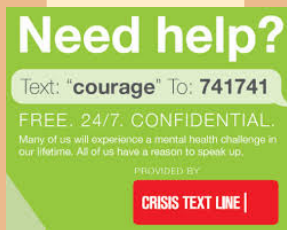


EMPLOYEES

- ✓ Employee Assistance Program: 1-800-999-7222, code: SISC

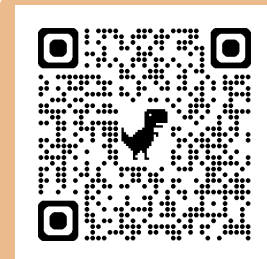
COMMUNITY RESOURCES

- ✓ Access Line: SB County behavioral wellness, mobile crisis team, 24/7, all ages 888-868-1649
- ✓ Central Coast Hotline: SB & SLO County crisis line, 24/7, all ages 800-783-0607
- ✓ Domestic Violence Helpline & emergency shelter, 24/7 805-964-5245
- ✓ Sexual Assault North County Rape Crisis: 805-736-7273



BASIC NEEDS

- ✓ Basic Needs Center: 805-922-6966, ext. 3927



- ✓ 211- connect with health & human services, housing, 24/7

