

# STUDENT HEALTH SERVICES

## NEWSLETTER

**October** 2025

805-922-6966, ext. 3212



### WHAT DOES AN OPIOID OVERDOSE LOOK LIKE?

Check out this Campus Well article about the signs of an opioid overdose and what to do and where to get help. Naloxone is the reversal medication and can be used to save lives! Learn about how to use it and where you can get it.



### LET'S GET VACCINATED

Free Flu Vaccine Available  
Now for Credit Students!!!

Make your appointments NOW!  
Building J  
805-922-6966, ext. 3212



### Alcohol Awareness Event with ASBG

Enjoy some Mocktails  
Learn about alcohols  
effects on your health

October 29<sup>th</sup>,  
12:00 – 2:00

G106



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## BIG NEWS!

**THE CENTER FOR HEALTH & PREVENTION**  
A Division of Community Action Partnership

**Reproductive health services now available at Student Health Services, Building J**  
**Tuesdays 9:00 - 4:00**

Birth control methods, STI testing & treatment, Well-women exams including PAP smears, Male exams, Condoms, Emergency Contraception, and more!!!

- Make your appointment now!
- Stop by Building J
- Call 805-922-6966, ext. 3212
- Schedule request online

Use link below!



## HOW TO MAKE AN APPOINTMENT

Main Phone Number:  
805-922-6966, Ext. 3212


Request Appointment Online



Main Contact email:  
studenthealth@hancockcollege.edu

You are also welcome to stop by the health center, **building J**, to make your appointment!

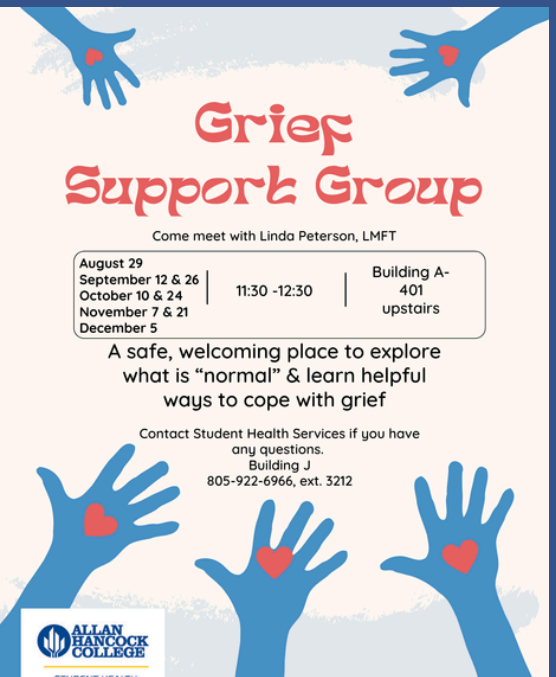
More information available on our webpage.



**WELLNESS WEDNESDAY**  
Commons Area: 9:00 - 12:00

- Acupuncture and massage is available for students for free. No appointment needed, just walk in and have a seat!
- Great way to practice some self-care and decompress from a stressful week.

August 20 & 27	November 5, 12, & 19
September 3, 10, 17, & 24	December 3
October 1, 15, & 29	



## Grief Support Group

Come meet with Linda Peterson, LMFT

August 29	11:30 -12:30	Building A-401 upstairs
September 12 & 26		
October 10 & 24		
November 7 & 21		
December 5		

A safe, welcoming place to explore what is "normal" & learn helpful ways to cope with grief

Contact Student Health Services if you have any questions.  
Building J  
805-922-6966, ext. 3212

