

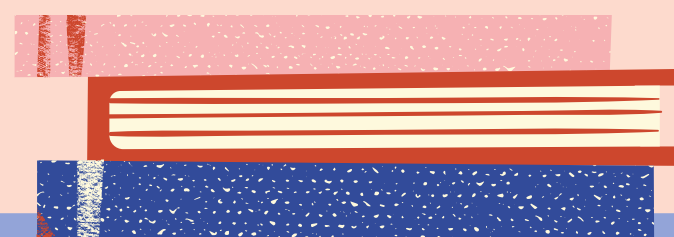
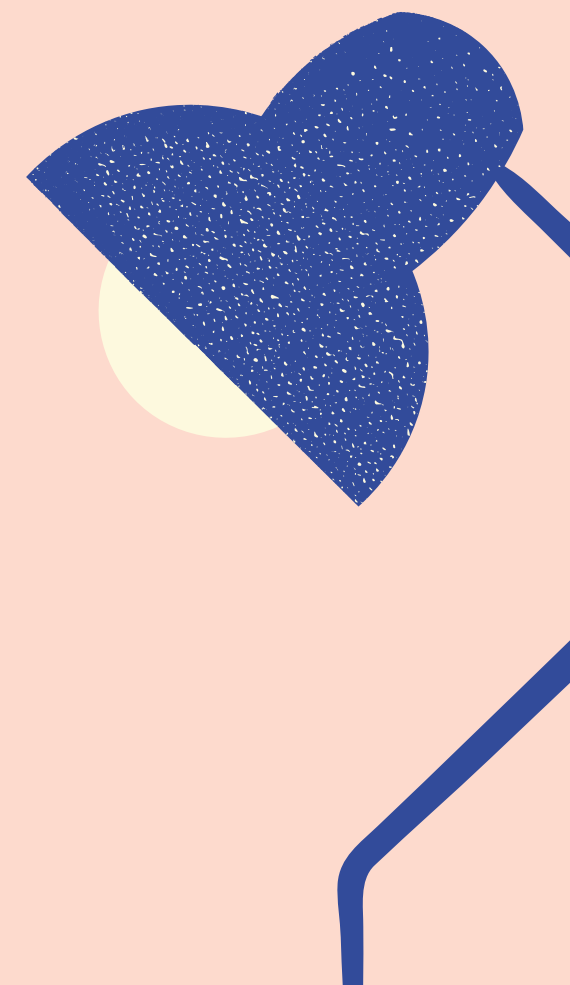
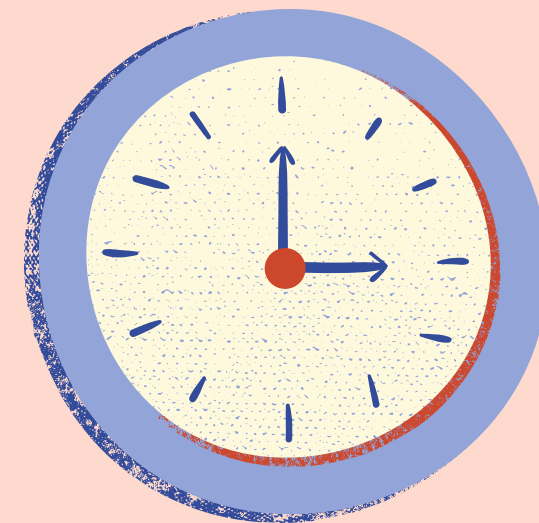
# Student Health 101

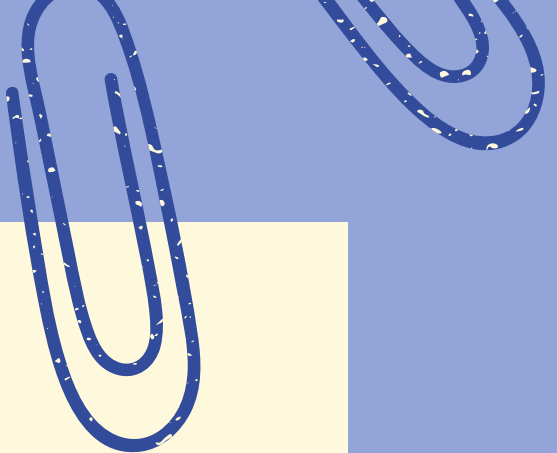
**BROUGHT TO YOU BY STUDENT HEALTH  
SERVICES**

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*Hey, students!*

Did you know that ALL students get  
access to FREE health care at SRJC!?  
It's True!

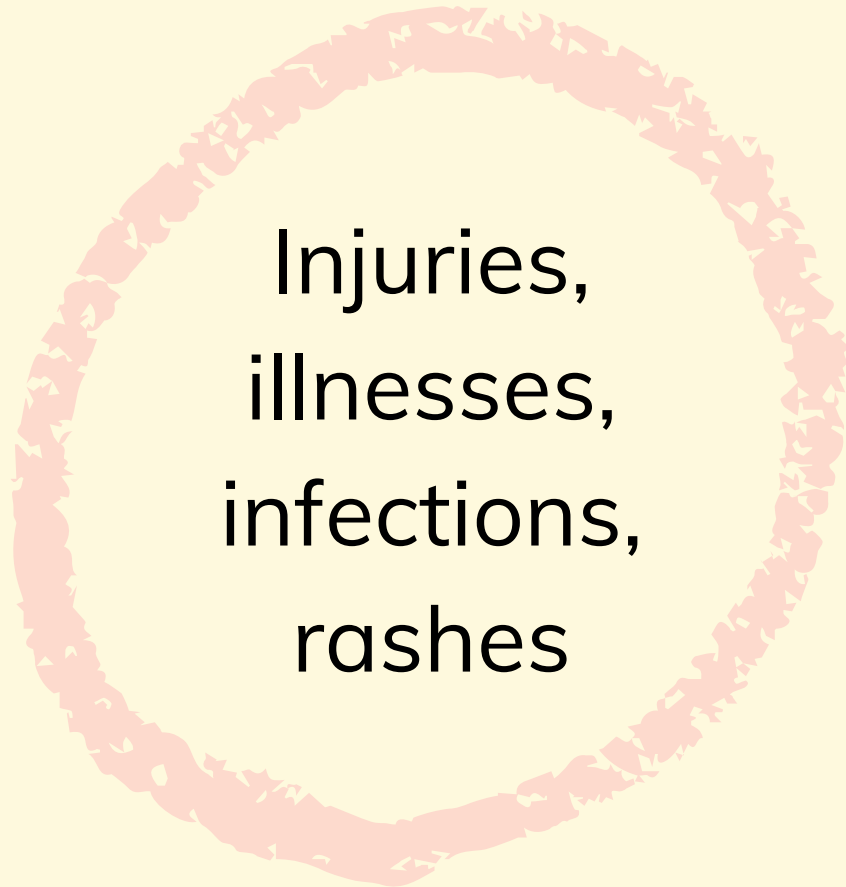




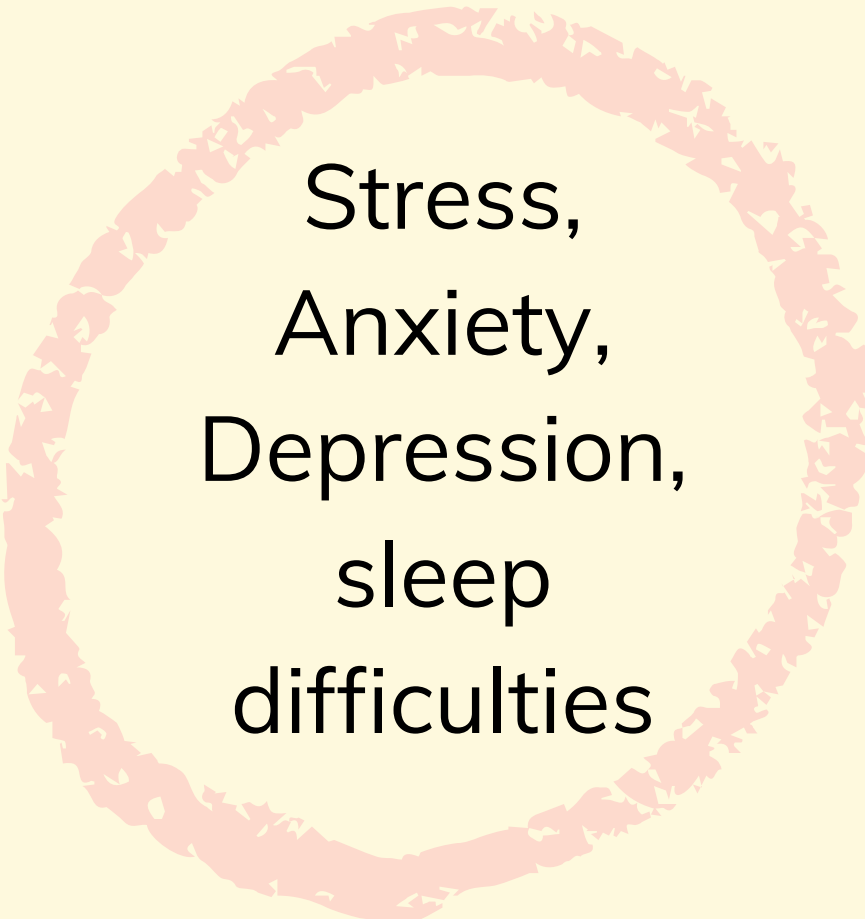
You might be asking yourself:

*What can I be seen for?*


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Injuries,  
illnesses,  
infections,  
rashes



Stress,  
Anxiety,  
Depression,  
sleep  
difficulties



Second  
opinions,  
referrals &  
healthcare  
advice



For any physical or mental health care issue, give Student Health Services a call at 707-527-4445. Our nurses and therapists are standing by!

*Currently staff and students  
are not on campus. How are  
services provided?*

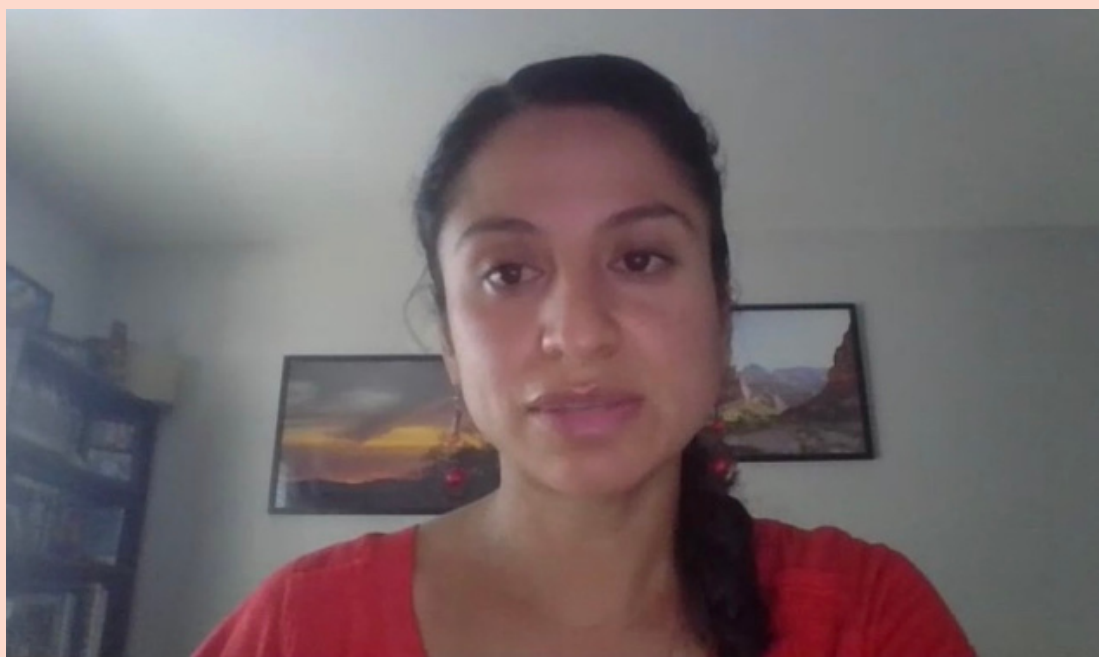
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Due to Covid-19 and campus closures, the Student Health Services clinic can not be open at this time, however our services are available via an online/phone model known as "Telehealth".

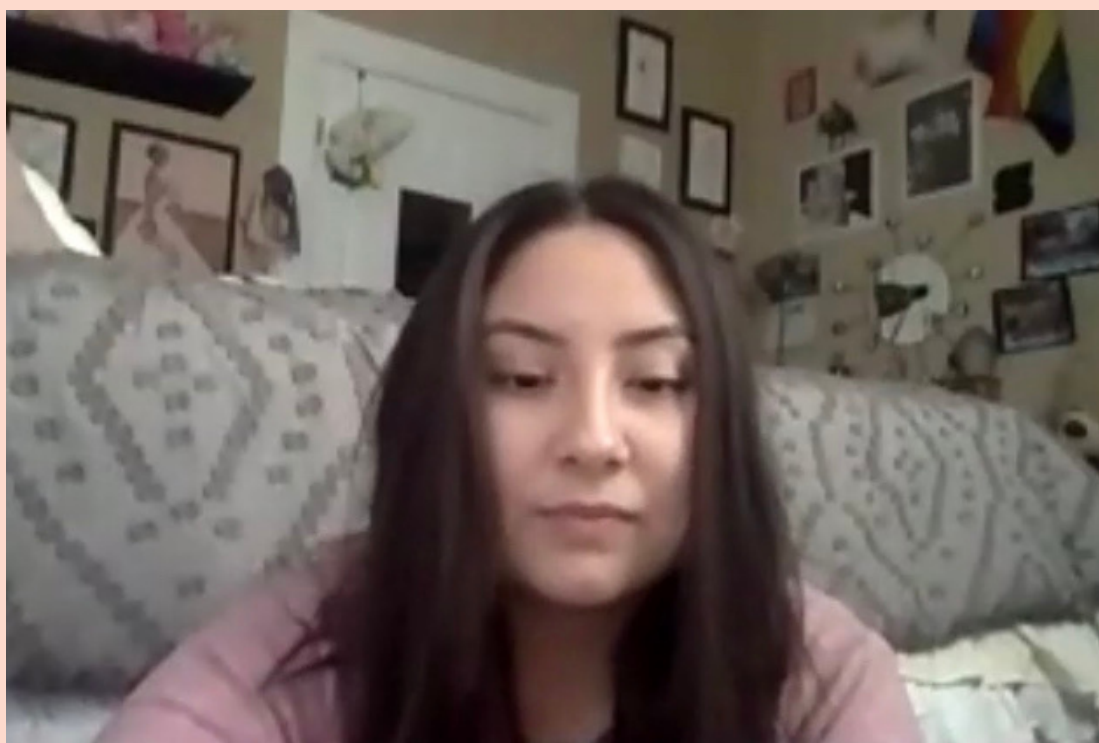
Many colleges and universities across the country are using similar models to deliver health care to their students.







Eleanna Kennedy,  
Nurse practitioner



SRJC Student

# What is good about Telehealth? Will I like it?

**The Primary advantages for Telehealth are:**

**Ease of use for a busy schedule. You can make an appointment over the phone and squeeze it in between classes, work, anytime!**

**Timely appointments! Student Health Services has quite a few appointments open every day.**

**Confidentiality is our highest priority. We use a form of ZOOM called "HIPPA" zoom, it has several layers of security in order to maintain your confidentiality.**

**Spanish speaking Nurse Practitioner available!**

*Want to sign up for  
health insurance but  
don't know how?*



Call Student Health Services today at 707-527-4445  
to speak with our staff about how to sign up for  
Covered California or MediCal.

Or you can call Vanessa Rodriquez, Insurance Enrollment  
Counselor with Redwood Community Health Coalition  
at: 707-565-6586



SHS can also help with CalFresh enrollment!

# Free health workshops & clinics!

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Student Health Services and the PEERS Coalition create FREE and informative workshops throughout the semester on a variety of health topics. We focus on the relationships between mental and physical health and how to keep these systems healthy and balanced so students can have a successful academic experience at SRJC! Student Health Services also often offers flu shot clinics through the fall semester. Follow our social media pages for details on events and clinics that take place each semester.



# Wait... PEERS Coalition? What's a 'PEERS'?

PEERS (People Empowering Each other to Realize Success) are student employees of Student Health Services. PEERS work on reducing stigma & raising awareness around mental health challenges.

PEERS conduct outreach to students and staff providing information, education and resources plus they create and present free workshops and classroom presentations.

You can follow PEERS and SHS events and activities on our social media at:

Facebook: Student Health PEERS at SRJC

Instagram @[srjcpeers](https://www.instagram.com/srjcpeers)

YouTube Channel: [PEERS Coalition](https://www.youtube.com/channel/UCPEERS)



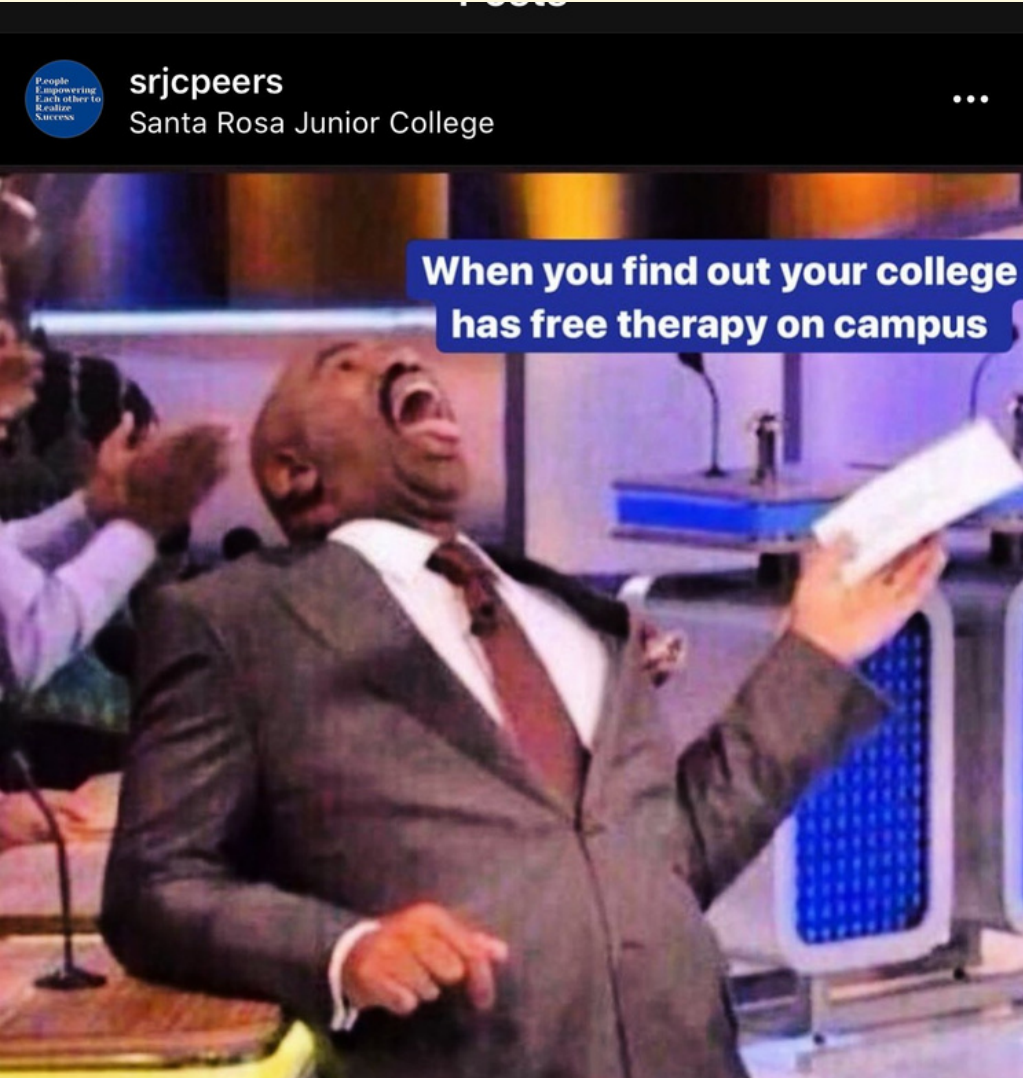
2019/2020 PEERS





# INSTAGRAM: @SRJCPEERS & YOUTUBE CHANNEL PEERS COALITION

Stigma reduction, events updates,  
resources, signature PEERS memes,  
and video skits by PEERS





# Covid-19 information

#1 Make sure you wash your hands frequently and for at least 20 seconds. If possible use a paper towel to dry them and to open door handles

#2. Wear a face mask when you are out in public or you know you are near people with high risk factors. Stay at least 6 ft apart from people in public

#3 If you suspect that you may have been in contact with someone who has Covid-19 or you are experiencing symptoms of Covid-19, call your doctor or Student Health Services @ 707-527-4445





## **Tips to help deal with social distancing**

- Connect with others: Reaching out to people is the best way to reduce anxiety, depression, loneliness, and boredom during social distancing.
- Try your best to relax: Relax your body often by doing things that work for you - take deep breaths, stretch, meditate, or engage in activities you enjoy.
- Pace yourself : Between stressful activities, do something fun after a hard task. Talk about your experiences and feelings to loved ones and friends.
- Take the time to engage in a hobby you love: Reading, cooking, gaming...etc



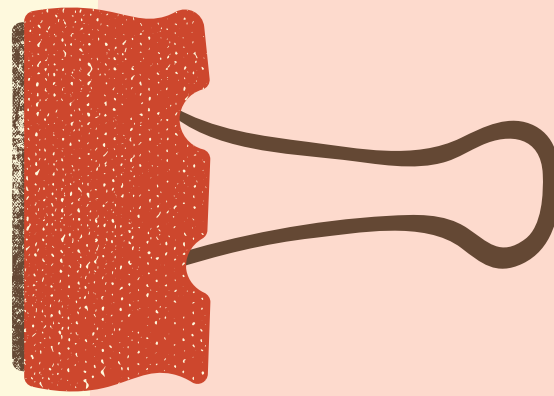
# Disaster/Trauma support and resources



Unfortunately, our community is not immune from natural disasters and incidents that can cause trauma.



SRJC and Student Health Services is committed to supporting our students through these difficult times.



Please visit the links below for resources and support and please reach out to SHS @ 707-527-4445 to speak with a therapist or nurse practitioner. Remember, these services are FREE to you!



Disaster/Fire - Covid-19 & Racial Trauma/Ally.





Here are several local and national phone and text numbers that you or someone you know may find useful.



## MENTAL HEALTH MATTERS



- NORTH BAY SUICIDE HOTLINE (855) 587-6373 [WWW.SUICIDEPREVENTIONLIFELINE.ORG](http://WWW.SUICIDEPREVENTIONLIFELINE.ORG)
- NATIONAL SUICIDE PREVENTION HOTLINE (800) 273-8255 [WWW.CRISISCALLCENTER.ORG](http://WWW.CRISISCALLCENTER.ORG)
- CRISIS TEXT LINE TEXT "COURAGE" TO 741741 OR GO TO [FACEBOOK.COM/CRISISTEXTLINE](https://FACEBOOK.COM/CRISISTEXTLINE)
- VETERAN'S CRISIS LINE (800) 273-8255 PRESS 1 [WWW.VETERANSCRISISLINE.NET](http://WWW.VETERANSCRISISLINE.NET)
- VERITY- SEXUAL ASSAULT SUPPORT (707) 545-7273 [WWW.OURVERITY.ORG](http://WWW.OURVERITY.ORG)
- NAMI WARM LINE (866) 960-264 [NAMISONOMACOUNTY.ORG/WARMLINE](http://NAMISONOMACOUNTY.ORG/WARMLINE)
- TRANSGENDER SUICIDE HOTLINE 24 HOURS (877)565-8860 [WWW.TRANSLIFELINE.ORG/](http://WWW.TRANSLIFELINE.ORG/)
- YWCA DOMESTIC VIOLENCE/WOMEN'S SHELTER (707) 546-1234 [WWW.YWCASC.ORG/](http://WWW.YWCASC.ORG/)
- 2-1-1 SONOMA 211 [211SONOMA.ORG/](http://211SONOMA.ORG/)
- SRJC STUDENT HEALTH SERVICES (707) 527-4445 [SHS.SANTAROSA.EDU/](http://SHS.SANTAROSA.EDU/)



# **Additional Crisis Hotlines, Warm Lines, and Text Lines**

The Trevor Project (LGBTQ Suicide Hotline) 1-866-488-7386 or text START to 678-678  
Transgender Suicide Hotline (877) 565-8860, open 7am-1am, sometimes other hours

Warm Lines (not for crisis, needing someone to talk with):

NAMI Warm Line (866) 960-6264 – not crisis, but people to listen, avail M-F 9-5

CA Peer-run Warm Line (855) 845-7415 – not crisis, 24/7, Internet Chat

Covid-19 Warm Line (707) 565-2652 - non crisis, 10am-7pm, English/Spanish, 7 days

Domestic Violence and Substance Use:

Domestic Violence Hotline (Sonoma County): 707-546-1234.

National Domestic Violence Hotline: 800 799-7233 or text LOVEIS to 866-331-9474.

Alcoholics Anonymous (707) 544-1300





# FRIDAY 11am-12noon

starts 9/25/20 ZOOM- MEETING ID #812 6518 8704

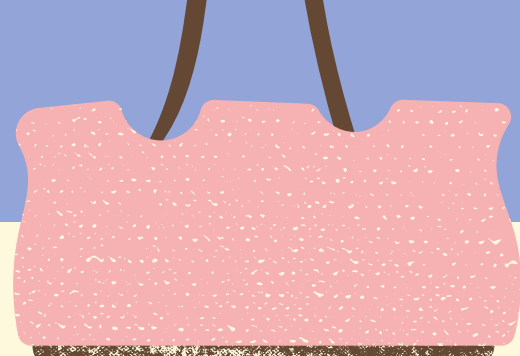
Hope Dealers/ S4R provides a safe space that encourages students to discover themselves and paths towards personal well-being through exploration of new coping strategies for recovery through the use of social connections. Student-led peer support group with a rotating format addressing addiction-related issues.

**EVERYONE IS WELCOME TO PARTICIPATE AND SHARE  
FREELY IN A NON-JUDGEMENTAL SPACE**



**SANTA ROSA  
JUNIOR COLLEGE**

The Sonoma County Junior College District does not discriminate on the basis of race, religious creed, color, national origin, ancestry, ethnic group identification, physical disability, mental disability, medical condition, gender, condition, marital status, sex, gender, gender identity, gender expression, genetic information or sexual orientation in any of its policies, procedures or practices; nor does the District discriminate against any employees or applicants for employment on the basis of their age. This nondiscrimination policy covers admission, access and treatment in District programs and activities -- including but not limited to academic admissions, financial aid, educational services and athletics -- and application for District employment.



# How do I contact Student Health Services?

## Give us a call or email

Call SHS at 707-527-4445

Monday, Tuesday, Thursday 8:30am-5:00pm

Wednesdays 8:30am - 7:00pm

Friday 8:30am - 12:30pm

email at:

[studenthealthservices@santarosa.edu](mailto:studenthealthservices@santarosa.edu)

Visit our website:

[shs.santarosa.edu](https://shs.santarosa.edu)

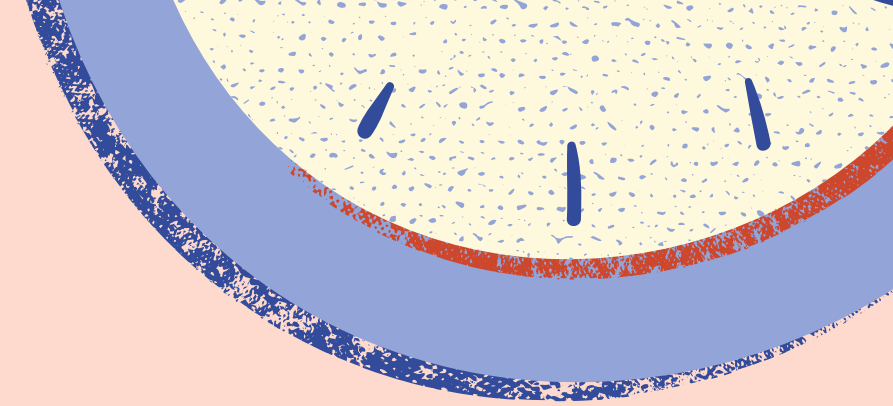
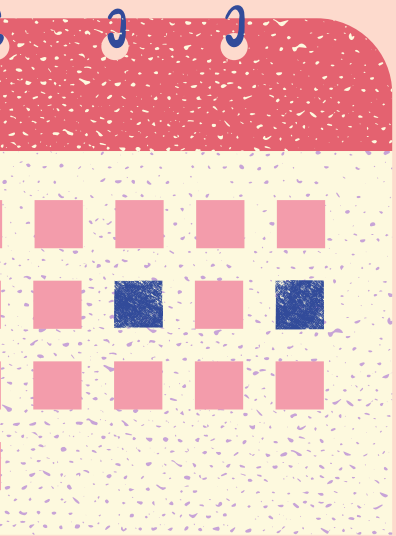
## Social Media

Facebook: Student Health PEERS  
at SRJC

Instagram @[srjcpeers](https://www.instagram.com/srjcpeers)

[YouTube PEERS Coalition Channel](https://www.youtube.com/channel/UC...)





Thank You and  
have a wonderful  
semester!

