

Welcome Graduate Students

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Lead for Health Education and Clinic Support Services

Student Health & Wellbeing Services

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What Have I DONE?!

The background is a solid teal color. It features several decorative elements: a large, semi-transparent pie chart in the upper right quadrant; several smaller, semi-transparent pie charts scattered in the upper right and middle right areas; and a bar chart in the bottom right corner with four vertical bars of increasing height from left to right.

Imposter syndrome

BASIC NEEDS

Childcare, disability resources, employment & finance, food resources, housing, mental health, safety, physical health, technology, transportation, undocumented & DACA students, Vets

basicneeds.humboldt.edu



AACAE

African American Center
for Academic Excellence



ITEPP

Native American Center
for Academic Excellence



CENTRO

El Centro
Académico Cultural



Sense of Belonging is also a BASIC NEED

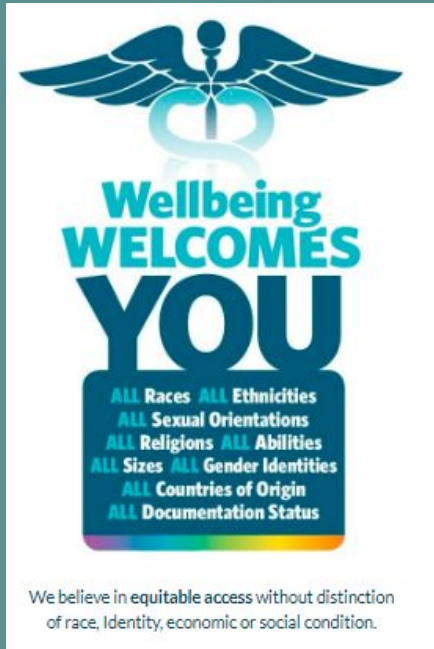
Additional connections

Spaces folks find belonging can be varied



Student Health & Wellbeing Services

Medical, Counseling and Health Education



COVID Changes: Student Health Center

- **Medical Services:**
 - Acute care (pain, sick, broken bone, etc)
 - On site pharmacy, x-ray, lab
 - Reproductive Health Care
- Telehealth or in person as appropriate
 - Call (707) 826-3146 to schedule an appointment or ask questions
- After Hours Nursing Services: (877) 265-3534



COVID Changes: Student Health Center

- Counseling and Psychological Services (CAPS)
 - Short term counseling ~ Individual, couples, groups, workshops, crisis services
 - Appointments by Zoom or phone!
 - Call (707) 826-3236 for an appointment
 - Can also reach a counselor 24/7 at this #
 - Virtual ‘Web-In Wednesdays’

<https://twitter.com/CAPSatHSU>

<https://www.instagram.com/hsucaps/>



CAPS: Workshops and Groups via Zoom!

- Managing Anxiety and Maximizing Wellness
- Trans Support
- AACAE Talking Drum Circle
- Cafe con Chisme
- Harm Reduction from Alcohol & Drugs
- Breaking Isolation
- Resident Advisors Support Group
- A Group for Survivors: Survive and Thrive
- Relating to Self and Others
- Lifestyle Wellness Group
- Sexual Identity
- Mindful Living
- Building Balance
- Trauma Based Groups
- Relationship Skills
- Mental Health Toolbox
- Managing ADHD
- Motivation, Setting Goals
- Living on Campus Support Group

<https://counseling.humboldt.edu/groups-workshops-du-ring-coronavirus>

Telepsychiatry

Telepsychiatry available - increased capacity for supporting students in need of non-controlled psychotropic medications (e.g. for anxiety, depression, etc.).



Case Management

Kelsi Guerrero, AMFT

kelsi.guerrero@humboldt.edu

Assistance with off-campus referrals for long term counseling, assistance with Medical or navigating health insurance questions, Kelsi Guerrero is available as a confidential case manager through the Student Health Center to provide extra guidance and support.

She is meeting with students via phone or Zoom.

Student Health Center After Hours Care



After Hours Nursing Services: (877) 265-3534

Reach a counselor 24/7: (707) 826-3236

Peer Health Education



TEXT US QUESTIONS 707.633.8604

Interactive Wellbeing Map



Choose It Yourself (CIY) Skill Shops!

- Topics Will Include:
 - Stress & Anxiety
 - Relationships
 - Mental Health & Pandemic Fatigue
 - Relationship to Food/Body
 - Social Media Detox
 - Motivation / Depression
 - Alcohol & Other Drugs/ Harm Reduction
 - Strategies for Healthy Sleep
 - Empowerment



Check IT Bystander Intervention



Consent Culture:
Training/Workshops
Events
Party Merch

Oh SNAP! Student Food Programs



Food Pantry
Farm Stand
Cooking Classes
Nutrition Education
CalFresh Sign-up & Support

Virtual Cooking Classes!



<https://www.instagram.com/hsuohsnap/>
<https://www.facebook.com/HSUOhSnap>

Virtual Gardening Education

- Fun gardening series on OhSNAP's Instagram
- Students learn about:
 - Growing food, soil/compost, seed starts, finding gardening space in small spaces
 - Using CalFresh at local farmer's markets
- Collaboration with on campus composting group



Oh SURE! Student Health Insurance Support



Medi-Cal Sign Ups
ACA Sign Ups
Family PACT Sign Ups
County Transfers

Vending Machines

Locations Currently Accessible:

- JGC (3rd floor by Cashier's window)
- College Creek: Mail room lobby
- Nelson Hall East
- Student Activities Center

Over-the-counter medications and medical supplies such as emergency contraception aka “the morning after pill” for \$11, as well as cough syrup, cough drops, condoms, tampons, eye drops, bandaids and much more!



Transgender, Gender Non-conforming, Gender non-binary Task Force

Tuesdays, 1-2 starting August 31

Email mira@humboldt.edu for zoom link

- **Emergency Housing Fund**
- **Overcoming Health Barriers Fund**

We all know life can get tough. Unexpected things happen. And, even the most dedicated, hardworking student can be struck by unforeseen medical issues.



Narcan Trainings
Suicide Prevention Trainings
Campus Advocate Team

**You're Part of a
Team!**



Thank You!

**Questions, thoughts?
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