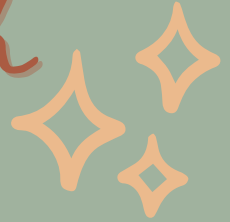


# Mental Health Resources



## CREDIT STUDENTS

- ✓ Free, in-person or telehealth mental health counseling
- ✓ Schedule an appointment: 805-922-6966, ext. 3212  
Complete request: <https://forms.office.com/r/R1y1LAMnLb>
- ✓ Virtual Care Group: 24/7 telehealth mental health counseling & crisis counseling  
<https://www.thevirtualcaregroup.com/allanhancock/>

## NON-CREDIT STUDENTS

- ✓ Virtual Care Group: 24/7 telehealth mental health counseling & crisis counseling  
<https://www.thevirtualcaregroup.com/allanhancock/>

## EMPLOYEES

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

## COMMUNITY RESOURCES

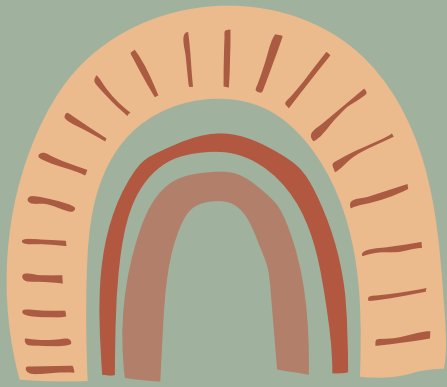
- ✓ Access Line: SB County behavioral wellness, mobile crisis team, 24/7, all ages 888-868-1649
- ✓ Central Coast Hotline: SB & SLO County crisis line, 24/7, all ages 800-783-0607
- ✓ Domestic Violence Helpline & emergency shelter, 24/7 805-964-5245
- ✓ Sexual Assault North County Rape Crisis: 805-736-7273

## BASIC NEEDS

- ✓ Basic Needs Center: 805-922-6966, ext. 3927
- ✓ <https://www.hancockcollege.edu/basicneeds/index.php>
- ✓ 211- connect with health & human services, housing, 24/7



STUDENT HEALTH SERVICES



# Mental Health Resources



## Need help?

Text: "courage" To: **741741**

FREE. 24/7. CONFIDENTIAL.

Many of us will experience a mental health challenge in our lifetime. All of us have a reason to speak up.

PROVIDED BY

**CRISIS TEXT LINE |**

