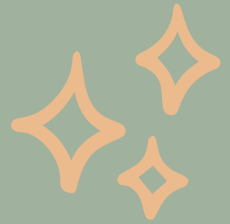
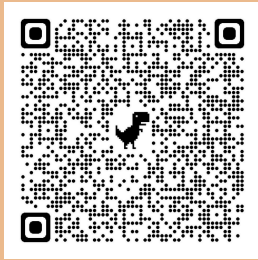


MENTAL HEALTH RESOURCES



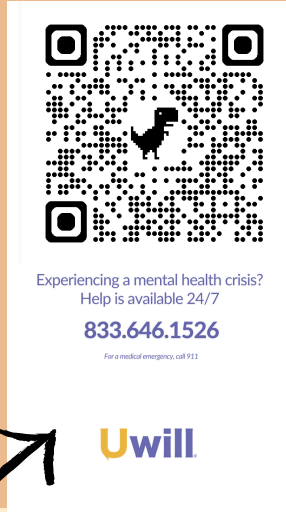
CREDIT STUDENTS

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



- ✓ Uwill: 24/7 telehealth mental health counseling & crisis counseling

NON-CREDIT STUDENTS



EMPLOYEES

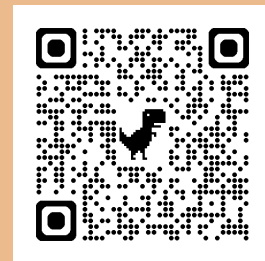
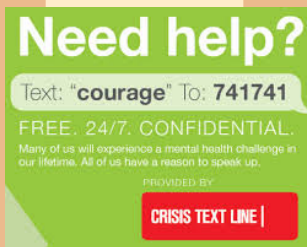
- ✓ Employee Assistance Program: 1-800-999-7222, code: SISC

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

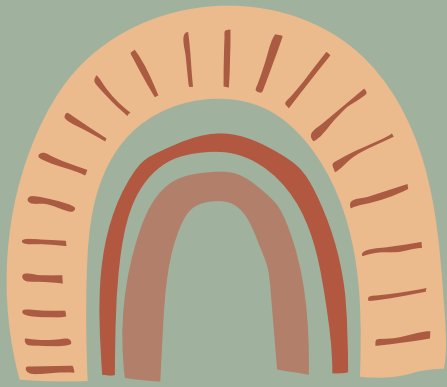
BASIC NEEDS

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



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





MENTAL HEALTH RESOURCES



To schedule an
appointment
with Student Health
Services



Students receive
**FREE IMMEDIATE ACCESS
TO A THERAPIST**

Choose a therapist based on your preferences
issue, gender, language, ethnicity

At a time that fits your schedule
day, night, weekend availability

Get started using your school email

Experiencing a mental health crisis? Help is available 24/7/365
833.646.1526

If you are experiencing a medical emergency call 911.



Uwill.



Soluna's commitment to you

Access to the Soluna app is 100% free. No ads, no data sales, ever. Just completely safe and anonymous mental health support, available whenever you need it, 24/7.

3 steps to get started

1. Find Soluna on the App Store or Google Play
2. Enter your California zip code and birthdate
3. Embark on your journey in the Solunaverse

Still on the fence? Feel free to explore as a guest user first.

If you have any questions or need more info, feel free to reach out.

soluna

California's **free mental health app**
for ages 13 - 25.