

STUDENT HEALTH SERVICES

April

NEWSLETTER

2026

805-922-6966, ext. 3212



RELATIONSHIP TOOLKIT

HOW DO I KNOW IF MY RELATIONSHIP IS HEALTHY/SUPPORTIVE?

People form many different types of relationships, such as friendships, romantic connections, and physical or sexual partnerships. What each relationship looks like can vary greatly from person to person, and what is considered "healthy" is often subjective.

Relationships exist on a spectrum—from supportive and positive, to unsupportive, or even abusive. Even generally supportive relationships may sometimes include unsupportive behaviors.



SUPPORTIVE → UNSUPPORTIVE → ABUSIVE

Relationship Toolkit

No matter what form a relationship takes, all supportive relationships are built on four key pillars: Equality, Safety, Respect, and Trust.

Check out the toolkit here:



The Clothesline Project

The Clothesline Project is a visual display that bears witness to the violence against women, men & children. A clothesline is hung with shirts to increase awareness of the impact of violence & abuse, to honor a survivor's strength to continue, & to provide another avenue for them to courageously break the silence that often surrounds their experience.

Wednesday, April 15: 9:00 - 12:00

Commons Area

How you can help:

Just show up to support all victims & survivors of violence. At the display, shirts and materials will be available for people who wish to design a shirt.



North County Rape Crisis & Child Protection Center



Everyday Empowerment: 4 ways to practice consent & own your boundaries

Learning to explore and honor our own needs, instincts, and desires is a crucial life skill. Setting boundaries is key in platonic and intimate relationships! Learn how to stand up for yourself and set boundaries in this article!

Check out the article at the link:



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We are committed to your academic and personal success. These programs below provide personal feedback in under 30 minutes.

Access these confidential campus resources:

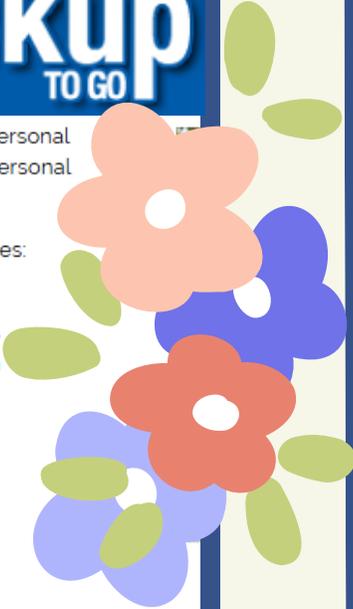
- Learn to create your own path
- Be empowered to achieve your goals
- Build life skills beyond the classroom

ALCOHOL ECHECKUP TO GO

CANNABIS ECHECKUP TO GO

NICOTINE ECHECKUP TO GO

SEXUAL VIOLENCE PREVENTION PROGRAM (SVPP)

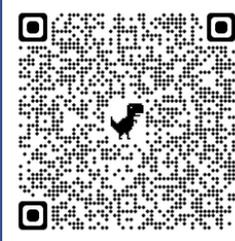


HOW TO MAKE AN APPOINTMENT

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](#).

SPRING SEMESTER HOURS

January 20 - May 20, 2026

Monday & Tuesday

8:30 - 6:00

Wednesday & Thursday

8:30 - 4:30

Friday

9:00 - 1:00



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

Grief Support Group

Come meet with Linda Peterson, LMFT

January 29th	11:30 -12:30	Building A-401 upstairs
February 26th		
March 26th		
April 23rd		

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



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.



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