

STUDENT HEALTH SERVICES NEWSLETTER



August 2025

805-922-6966, ext. 3212











BACK TO SCHOOL? HERE'S HOW TO HANDLE YOUR STRESS

The beginning of the academic year is a time of major transition! Summer is over and you have to get back into academic mode and that can be stressful!! Check out this article with some great advise!

Article link:



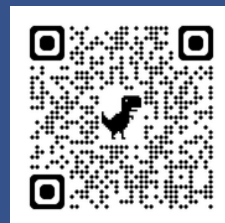
ALLIANCE FOR MENTAL WELLNESS		featuring FREE screening of My Ascension
	SEPTEMBER 17th 2025 3:30PM-6:30PM	
3:30-4pm Resource Fair	4-5:30pm Screening	
My Ascension: A Documentary Film and Movement to Spread Hope and Fight Suicide A suicide attempt left 16-year-old varsity cheerleader Emma Benoit paralyzed but propelled her on a mission to use her painful experience to help others find hope and stay alive. WHY THIS FILM IS NEEDED: Suicide is a silent epidemic that is not receiving the attention it deserves. It is the second leading cause of death for young people under 25 and there are approximately 1.2 million suicide attempts every year.		
 Boyd Concert Hall Allan Hancock College, Santa Maria Campus		PLUS! ➤ Raffle ➤ Food Trucks ➤ Door Prizes ➤ Resource Fair ➤ Entertainment
<small>If you or someone you know needs help—call the Suicide and Crisis Lifeline at 988 or text the Crisis Text Line HELLO to 741741</small>		
		
		

STUDENTS GIVE TIPS ON HOW TO CREATE THE BEST ENVIRONMENT FOR SLEEP



Check out these tips for maximizing your sleep no matter where you are!

Article link:



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WELLNESS WEDNESDAY

Commons Area: 9:00 - 12:00

Acupuncture and massage is available for students for free. No appointment needed, just walk in and have a seat!

Great way to practice some self-care and decompress from a stressful week.

August 20 & 27
September 3, 10, 17, & 24
October 1, 8, 15, & 29

November 5, 12, & 19
December 3

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.



We're here for **U**
when you need
someone to talk to

Uwill.
Student Mental Health & Wellness



Students receive

**FREE IMMEDIATE
ACCESS TO A THERAPIST**

Choose a therapist based on your preferences
gender, language, ethnicity, focus area

at a time that fits your schedule
day, night, weekend availability
by video, phone, chat, or message

Scan QR code to get started.



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

If you are experiencing a medical emergency call 911.

Private. Secure. Confidential.

Grief Support Group

Come meet with Linda Peterson, LMFT

August 29	11:30 -12:30	Building A-401 upstairs
September 12 & 26		
October 10 & 24		
November 7 & 21		
December 5		

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

