

# STUDENT HEALTH SERVICES

## NEWSLETTER

**March** 2026

805-922-6966, ext. 3212



**ACTIVE Minds Club**

**ADVOCATING FOR STUDENT MENTAL HEALTH & SUPPORT**

PEER SUPPORT & STIGMA REDUCTION

**Spring 2026 Club Meetings:**  
2:00 - 3:00 PM G106  
February 4  
March 4  
April 1  
May 6

**SPECIAL EVENT:**  
QPR Training with certificate  
March 25: 11:45 AM - 1:45 PM

Connect with others. Having a support system is crucial for good mental health. Reach out to friends, family, or a mental health counselor if you need to talk or receive guidance.

SCAN THE QR FOR MORE INFO!

**active minds**

Allan Hancock College  
STUDENT HEALTH SERVICES

**Uwill**

**FREE IMMEDIATE ACCESS TO A THERAPIST**  
Change a therapist based on your preferences.  
Use gender language effectively.  
Use video, text, or phone therapy.  
Get medication when needed.  
Get counseling for your situation.  
Reporting a mental health crisis. Free & available 24/7/365.  
822.6AM.1529

### ACTIVE MINDS CLUB

Active Minds Club will be meeting March 4<sup>th</sup> in G106, 2:00 - 3:00. A special QPR training will be held March 25<sup>th</sup>, 11:45- 1:45. Question, Persuade, Refer is a suicide prevention training and will give you the skills that you need to help those in crisis get the help they need.



### Clear your mental clutter with this spring cleaning meditation!

Spring is a time to clear out the old and make way for the new! Try this spring cleaning for the mind meditation and see how separating our thoughts from ourselves and anchoring to breath can create a calmer mind.

Check out the article at the link:



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## SPRING BREAK

We will be closed 3/16 – 20



**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.

January 21 & 28	April 1, 15, 22 & 29
February 4, 11, & 18	May 6 & 13
March 4, & 11	

## HOW TO MAKE AN APPOINTMENT

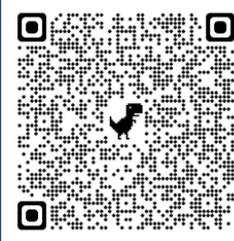
Main Phone Number:

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

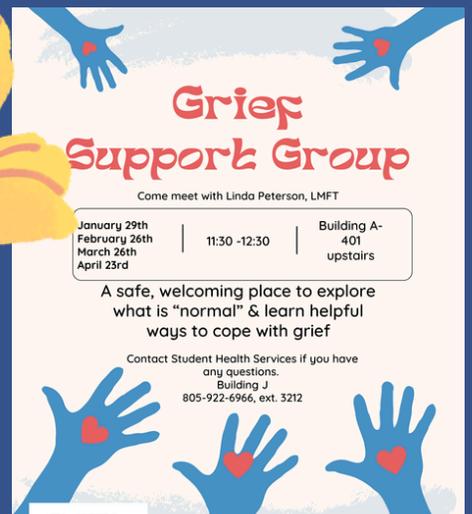
8:30 - 6:00

Wednesday & Thursday

8:30 - 4:30

Friday

9:00 - 1:00



### 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



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



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**