

STUDENT HEALTH SERVICES NEWSLETTER



September 2025

805-922-6966, ext. 3212



HOW TO PICK THE BEST BIRTH CONTROL OPTION FOR YOU

So many choices! What is best for you?

Check out this CampusWell article to learn about the best methods to prevent pregnancy or sexually transmitted infections (STI).



BIG NEWS!

THE CENTER FOR HEALTH & PREVENTION
A Division of Community Action Partnership

**Reproductive health services now available at Student Health Services, Building J
Tuesdays 9:00 - 4:00**

Birth control methods, STI testing & treatment, Well-women exams including PAP smears, Male exams, Condoms, Emergency Contraception, and more!!

- Make your appointment now!
- Stop by Building J
- Call 805-922-6966, ext. 3212
- Schedule request online

Use link below!

ALLIANCE FOR MENTAL WELLNESS

featuring **FREE** screening of **My Ascension**

SEPTEMBER 17th 2025
3:30PM-6:30PM

3:30-4pm	4-5:30pm	5:30-6pm
Resource Fair	Screening	Resource Fair

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 > Resource Fair
> Door Prizes > Entertainment

Article link: [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](#)



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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.



Albertsons®
Let's Get VACCINATED

Student Health Services is hosting Albertsons Pharmacy Flu & COVID Vaccine Clinic
Wednesday, September 10, 2025
9:00 AM - 12:00 PM
Commons Area
Available to Students, Faculty and Staff!

* Register for an appointment.
Bring your insurance information and a copy of your consent form to your appointment.



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, 15, & 29

November 5, 12, & 19
December 3



Grief Support Group

Come meet with Linda Peterson, LMFT

August 29	September 12 & 26	11:30 -12:30	Building A-401 upstairs
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

ALLAN HANCOCK COLLEGE
STUDENT HEALTH SERVICES