

# STUDENT HEALTH SERVICES NEWSLETTER

April 2025



805-922-6966, ext. 3212



## A GUIDE TO DEPRESSION

We all experience sadness due to a loss or a disappointment, but for some this sadness can become a cycle. Check out this article to learn about the symptoms of depression and how to help yourself!

Article link:



Skin cancer is the most common cancer in the U.S., affecting **1 in 5 Americans** in their lifetime.

**When detected early, skin cancer is highly treatable.**

## SKIN CANCER SCREENING

Join us for a **FREE** skin cancer screening with Logan Thomas, MD from WEST DERMATOLOGY

April 16th  
1:30 - 4:00



Building J

805-922-6966, ext. 3212

## THE BENEFITS OF BECOMING A MORNING PERSON AND HOW TO DO IT

Are you a night owl? Have trouble getting out of bed in the morning? Check out this article to learn why the early bird does really get the worm and how to shift your sleep schedule to get an earlier start to the day.

Article link:



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## Clothesline Project April 2, 9:00 - 12:00



### 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 2: 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.



## 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

Monday & Tuesday: 8:30 - 6:00

Wednesday & Thursday: 8:30 - 4:30

Friday: 9:00 - 12:30

\*closed for lunch 12:30 - 1:30

## LVC Schedule:

### Health Center:

Monday & Tuesday: 8:30 - 4:30

### Mental Health:

Thursday & Friday: 9:00 - 3:00



## Grief Support Group

Come meet with Linda Peterson, LMFT

February 7 & 21	9:30 - 10:20	Building A-103
March 7 & 14		
April 4 & 18		
May 2 & 16		

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

