

STUDENT HEALTH SERVICES NEWSLETTER

March 2025

805-922-6966, ext. 3212



Naloxone/Narcan Training March 26th; 4:00 - 5:30 G106 A & B

Pacific Pride Foundation will be here presenting information about opioid overdose deaths and how to use Naloxone to save lives! Register below to attend!



7 WAYS TO MAKE THIS YOUR BEST SPRING EVER!

It's time to get outside and get some fresh air! Spring is in the air and it's not just about spring cleaning. Find out how you can take advantage of this time of year and gain the rewards!

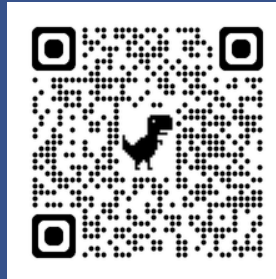
Article link:



WHAT YOU NEED TO KNOW ABOUT THERAPY AND HOW IT CAN HELP YOU

Even if you are loving your student life, dealing with all the stressors that come your way can be a lot to deal with! Check out this article to see how counseling can help you!!

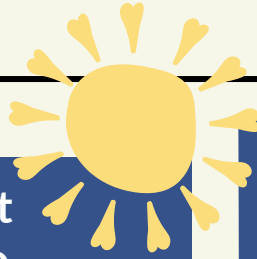
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Clothesline Project April 2, 9:00 - 12:00



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



HEALTHY MINDS STUDY!

Check your email! Survey is open until March 7th!

**MAKE
YOUR
VOICE
HEARD!**



**AHC is conducting a student
mental health survey!**

Did you know?

- 68% of Hancock students scored moderate to severe depression in 2022
- 41% have never received counseling

Look for your student email for more information.

