



# WE ARE HERE FOR YOU!

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### Referring students:

It is an important and sometimes difficult task. The following are suggested guides when approaching someone whom you feel needs help:

Every year many students, faculty and staff call or come to the Health Center expressing concern for a student, whether that person is a friend, relative or roommate.

We recommend that you approach the student you are concerned about in a gentle, caring and non-judgmental manner and specifically state why you are concerned.

Ask if they are aware of the personalized, free, confidential services by professionals at the Student Health Center.: Our services are personalized, free, confidential and do not transfer with academic records.

Most often, the student will feel relieved that there is help available. In most situations, it is appropriate and best to listen, offer resources, and remember you alone are not responsible for solving the concern.

If you want to offer extra support, you can have the student contact the Health Center from your office or room, and/or you may offer to accompany or guide the student to her/his first appointment. Also, you can provide our contact information and virtual lobby hours to make sure the person will have the details:

[Click here to visit our website](#) and check our virtual lobby hours

[About us and our services](#)

[How to schedule an appointment Click Here](#)

**CONTACT US:**

studenthealthcenter@cuesta.edu

San Luis Obispo\*

Building 3100, Room: 3150

Phone: (805) 546-3171

NC Paso Robles\*

Building: 1000 Room: 1013

Phone: (805) 592-6201

**Telehealth Hours\***

Monday, Tuesday, Wednesday, Thursday: 8:30 AM-4:30 PM

Friday: 9:00 AM-1:00 PM

**Facebook/ Instagram:** @cuestahealthcenter

\*Due to COVID-19, The Student Health Center will be available to connect with students via Zoom/phone Monday through Friday (see hours). Face to face services are not available at this time.

**If the person you are concerned about does not want to get help immediately (and it is not an emergency), try to be friendly and remain open to the possibility that he/she may want your help in the future.**

Some students may feel ambivalent about seeking help from any source, including the college services.

A direct response to such ambivalence can sometimes be helpful: "If your problem can not be resolved at the Health Center, they can direct you to the appropriate place."

If you decide to be more explicit about your concern, feel free to contact the Student Health Center to discuss different options of how to handle the crisis. A professional will help you to assess the situation and assist your friend/peer:

- Proposing possible interventions
- Find the best way to make a referral, if necessary
- Explore resources on and off campus
- Clarification of what is going on and how you can be more effective

Feel free to consult with us about any concern you may have to:

[studenthealthcenter@cuesta.edu](mailto:studenthealthcenter@cuesta.edu)

[Virtual Lobby](#)

**If someone seems at risk of harming themselves or others and seems resistant to help, don't drop it. Talk to a professor you trust, get on the phone with a counselor, or reach out to your Health Center, Campus Public Safety or someone who is trained in handling these situations. Notify your supervisor of the specific concern and they will help guide you using our [crisis protocol](#).**

If this is an emergency, please dial 911 or go to the nearest emergency room. For mental health crisis, you may contact the SLO Hotline for 24-hour suicide and crisis support by calling (805) 783-0607, Suicide Prevention LIFELINE: 1-800-273-TALK (8255) or text "courage" to 741741.

[For More Health Resources Click Here](#)

**SLO HOTLINE**  
(800) 783-0607  
MAKE THE CALL. ANY TIME.

**NATIONAL SUICIDE PREVENTION LIFELINE**  
1-800-273-TALK (8255)  
suicidepreventionlifeline.org

**Need help?**  
Text: "courage" To: 741741  
FREE. 24/7. CONFIDENTIAL.  
Many of us will experience a mental health challenge in our lifetime. All of us have a reason to speak up.  
PROVIDED BY  
**CRISIS TEXT LINE**

**RISE**  
RESPECT | INSPIRE | SUPPORT | EMPOWER  
RESPECTAR | INSPIRAR | APOYAR | FORTALECER  
SEXUAL ASSAULT/ABUSE AND INTIMATE PARTNER VIOLENCE PROGRAMS  
PROGRAMAS PARA EL ASALTO/ABUSO SEXUAL Y LA VIOLENCIA DE PAREJA ÍNTIMA

**TOLL-FREE 24-HOUR CRISIS LINE:**  
Línea telefónica para crisis, gratis y disponible 24 horas al día  
855-886-RISE (7473)  
RISEslo.org

**2.1.1**  
San Luis Obispo County  
CALL 211  
CLICK 211slo.org  
TEXT ZIP code to 898211

### 3 ways to help your friend/roommate/peer

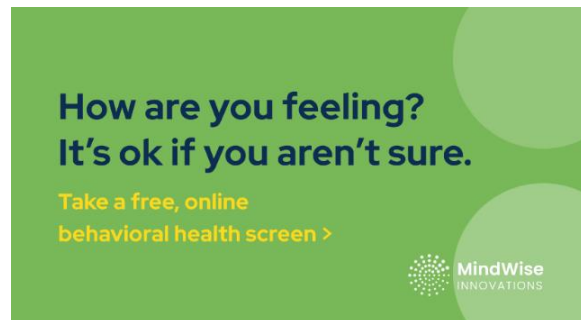
In addition to making the person feel heard, the best thing you can do is be present and nonjudgmental. Even when it's hard to know what to say, you can help by:

1. Being present and spending time with them, whether that's a quiet night in or a fun activity that could take their mind off the depression (if they're up for it).
2. Accepting them and their depression. Recognize that they can't just "cheer up" or "get over it."
3. Encouraging physical activity, which has been shown in studies to help alleviate symptoms of depression. Take a run together after classes, join a yoga or dance class, or organize a basketball game.

-How do you feel today? It's ok if you are not ok.  
-How can I help?  
-I care about you. Is there anything I can do to help you get through this? (If the answer is "no," consider offering one way in which you think you can help, even if it is something simple.)  
-I'm concerned about you, but I'm not sure what to do. Let's talk to someone about this.  
-May I help you find someone who can help?

-Assess for risk of suicide or self-harm  
-Listen non-judgmentally  
-Provide reassurance  
-Encourage appropriate professional help, self-help and other support strategies

## Resources to recommend



Behavioral health - which includes mental health, substance use and more- is a key part of your overall well-being. Brief screenings are the quickest way to determine if you or someone you care about should connect with a behavioral health professional. Think of

these as a checkup from your neck up. This program is completely anonymous, confidential, and do not transfer with academic records.

By taking a brief MindWise Screening, students can learn if they have a behavioral health issue and learn signs and symptoms. Immediately following the brief questionnaire, you will see your results, recommendations, and key resources.

[Click here to access.](#)



Campus Well is a FREE, online magazine covering a variety of college health topics including:

**Body:** Sleep better| Stay healthy| Workouts| Body image

**Food:** Nutrition| Recipes

**Mind:** Mental health| Mindfulness| Spirituality| Stress

**Academics:** Studying| Test taking| Time management

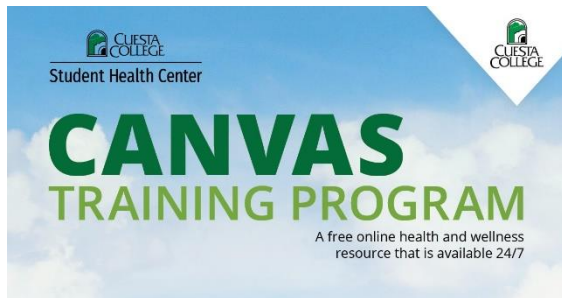
**Self:** Accessibility| Environment| LGBTQ+| Race & ethnicity

**Relationships:** Communication| Friendships

**Money:** Career opportunities| Finances

**Sexual Culture:** Sexual assault & harassment| Sexual health

[Click here to access.](#)



[Wellness Central on Canvas:](#) Your health and wellness are important and connected to your ability to succeed as a student. Wellness Central is a free online health and wellness resource that is available 24/7 in your space at your pace.

## [News & Events](#)

## [Creative ways to manage your anxiety](#)

## [School Vs life](#)

# Resources to use an educate yourself



**Are you worried about a friend or classmate?**

College can be stressful at times. Build the confidence to talk with a friend who may need help. Take 30 minutes to complete the Kognito At-Risk Online Interactive Training.

- Recognize the common signs of emotional distress
- Approach peers with greater skill and confidence
- Effectively refer peers to campus mental health services
- Learn about college-specific mental health services and referral process

[CLICK HERE](#), create an account using your Cuesta email to login and access to free training videos.

## [Mental Health Advocacy and Education](#)

[Educational Repository:](#) Digital, educational, communicative material to promote health and well-being among the Cuesta Community.

**You can still find meaningful social connections in the age of the coronavirus. Physically distancing does not have to mean socially distancing—there are plenty of ways to connect safely with your support network.**

**Talk to friends and family:** Friends and family are the ones who know you best, and sometimes they can tell you're struggling before anyone else does,

**Find ways to keep doing what you love—safely:** Think about what you enjoy doing and find a place where you can do that—it may be video games and you join a gaming club, or yoga and you hit up a class, or soccer and you join an intramural or club soccer team. Ride your bike, go for a walk, learn a new skill or language.

**Reach out for professional help:** For students who often feel alone or feel they have no one to turn to, going to therapy can help you get the support you need. It's ok if you are not ok and you need extra support.

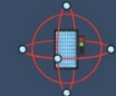
There's a common misperception that the only people who work with professional counselors are those with serious mental health concerns. In truth, anyone can benefit from having a place to talk and focus on themselves. "Every student can benefit from visiting a counselor," says Ali Yates, a counselor at Cuesta College. "We help with academic career goals, but we can also help with personal issues and make referrals to other offices on campus like financial aid, Disabled Student Programs and Services (DSPS), the Veterans Center, the Health Center, etc."

**Find online support:** Opening up virtually may be easier for some people. Luckily, there is a new wave of virtual counseling options and educational trainings.

# 12 SIMPLE HABITS TO RELIEVE STRESS

(backed by science)

## DO STUFF THAT FEELS GOOD



### GO ON DIGITAL + SMARTPHONE DETOX

Heavy internet users are 5x more likely to suffer from depression



### READ A BOOK INSTEAD

Stress declines by 68% after reading for just 5 minutes



### OR ENGAGE IN A CREATIVE ACTIVITY

45 min of creative activity lessens stress in the body

## BUILD UP HEALTHY HABITS



### EAT FOODS THAT REDUCE STRESS

Avocado, lemon, dark chocolate, oatmeal, almonds



### BUT EXERCISE EVERY DAY

It takes 5 min of moderate exercise to get mood enhancement



### AND GET YOUR SLEEP BACK IN CONTROL

REM sleep (when you dream) decreases levels of stress hormones

## RESTORE MINDFULLY



### FOCUS ON YOUR SENSES A FEW MINS/DAY

There's a strong correlation between positive mood and breath counting



### OR SPEND TIME OUTSIDE

Studies on "Forest bathing" show it decreases levels of anxiety



### AND TAKE MORE BATHS

Being horizontal in water mimics the womb conditions & improves mood and optimism

## LET HORMONES GO CRAZY



### DANCE LIKE NO ONE'S WATCHING

Partner dance & musical accompaniment release endorphines & promote stress relief



### LAUGH YOUR HEAD OFF

Laughter releases hormones known to reduce stress, boost immunity & strengthen social relations



### PET YOUR PET

It increases levels of stress-reducing hormone oxytocin and decreases stress hormone cortisol

*We are here for you!*

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**This is a challenging time for all of us: Isolation, restrictions, extra healthcare, anxiety, depression, uncertainty and more are part of our “new normal”**

**We highly recommend these tips to support yourself:**

- Avoid excessive exposure to media.
  - Take care of your body. Take deep breaths, stretch, or meditate.
  - Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep and avoid alcohol and drugs.
  - Make time to unwind and remind yourself that strong feelings will fade.
  - Take breaks from watching, reading, or listening to news stories. It can be upsetting to hear about the crisis and see images repeatedly.
  - Try to do some other activities you enjoy to return to your normal life.
  - Connect with others. Share your concerns and how you are feeling with a friend or family member. Maintain healthy relationships.
  - Maintain a sense of hope and positive thinking.
- Remember, sometimes less is more:** You're juggling school, extracurriculars, maybe a job, and then you add in family obligations, and it's a lot to handle. When you start dropping things, that's an indication that you're doing too much. You always have a choice.



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**Box breathing** is simple and enjoyable, and it's fairly easy to incorporate this practice into your daily life. We recommend doing just one minute of box breathing when you're first starting out. All you need to do is:

1. Inhale calmly for a count of four.
2. Hold the breath in for a count of four.
3. Exhale for a count of four.
4. Hold the breath out for a count of four.

#### **4-7-8 Breathing**

1. Close your mouth and inhale quietly through your nose to a mental count of four.
2. Hold your breath for a count of seven.
3. Exhale completely through your mouth, making a whoosh sound to a count of eight.
4. Now inhale again and repeat the cycle three more times for a total of four breaths.

#### **Humming bee breath (bhramari)**

1. Choose a comfortable seated position.
2. Close your eyes and relax your face.
3. Place your first fingers on the tragus cartilage that partially covers your ear canal.
4. Inhale, and as you exhale gently press your fingers into the cartilage.
5. Keeping your mouth closed, make a loud humming sound.
6. Continue for as long as is comfortable.

For more breathing exercises and relaxation strategies, visit Cuesta Campus Well:

<https://cuesta.campuswell.com>



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# HOW TO HELP STUDENTS REDUCE TEST ANXIETY

## RECOGNIZE THE SIGNS

IF YOU SUSPECT A STUDENT IS STRUGGLING WITH TEST ANXIETY, ASK ABOUT THESE SYMPTOMS:

- Inability to concentrate
- Nausea
- Heart palpitations
- Fast and shallow breathing
- Feeling faint
- Fear.

## IDENTIFY CONTRIBUTING FACTORS

ASK STUDENTS ABOUT THESE CONCERNS :

- The pressure to complete tests within an allotted time frame
- Taking high-stakes tests
- Not understanding the material
- Being unprepared
- Fear of failure
- Seeing grades as a reflection of personal self-worth and self-esteem.

## SUGGEST TIPS TO ENHANCE ONLINE LEARNING HABITS

NURSEJOURNAL OFFERED THESE IDEAS:

- Schedule classwork and relaxation/social time to keep from getting distracted.
- Go outside for a walk, run, or bike ride to keep sane and focused.
- Avoid distractions by decreasing exposure to social media and decluttering your study space.
- Stay in touch with classmates.
- Communicate with professors.
- Save work to hard drive for peace-of-mind.
- Monitor exam deadlines.

# TIPS TO HELP WITH AN ANXIETY ATTACK

1. Look around you



2. Find five things you can see



3. Find four things you can touch



4. Find three things you can hear



5. Find two things you can smell



6. Find one thing you can taste



This is called grounding. It can help when you feel like you have lost all control of your surroundings.



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Facebook/Instagram:  
[@cuestahealthcenter](#)

  
Student Health Center

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How do you feel today? Chat with a nurse!

This is a great opportunity to connect with a nurse in real time and immediately.

✔ to talk

✔ ask questions

✔ or share concerns about your health or wellness.

✔ However, students can also schedule appointments during this time, such as during regular Virtual Lobby hours.

🕒 Monday-Wednesday 9-11 AM Chat with a nurse |Spanish available

🕒 Tuesday-Thursday 9-11 AM Chat with a nurse

Visit our virtual lobby to get the Zoom access:

<https://www.cuesta.edu/.../resources/healthcenter/index.html>



## Welcome to MindWise Cuesta College

Your overall **well-being** is our #1 priority. By taking a brief MindWise Screening, students can learn if they have a behavioral health issue and learn signs and symptoms



Behavioral health - which includes mental health, substance use, and more- is a key part of your overall well-being. Brief screenings are the quickest way to determine if you or someone you care about should connect with a mental health professional. This program is completely anonymous, confidential, and do not transfer with academic records.

✔ Click here to access: <https://screening.mentalhealthscreening.org/cuestacollege>