

# WELLNESS NEWSLETTER

Provided by SRJC Student Health PEERS



**This newsletter offers wellness-related information, events, and resources on campuses bi-weekly.**

**8/18/2023**

# WHO WE ARE

## SRJC Student Health PEERS



*SRJC Student Health PEERS is a student-led organization based on SHS. PEERS utilize the authentic and creative voices of students to increase the conversation about mental health at SRJC.*



We aim to raise awareness and reduce stigma around mental health and wellness.

# Did you know?

## Student Health Services (SHS)

- ✔ **Services:** You can see a doctor or nurse practitioner for a variety of acute reasons.
  - Illnesses - Headaches, dizziness, eye pain, ear pain, allergies, sore throat, cough, abdominal pain, rashes
  - Infections - Skin infections, colds, the flu
  - Injuries - Burns, sprained ankles, splinters, something in your eye
  - Immunizations - Flu, HPV, whooping cough and more
  
- ✔ **Reproductive Health:** Birth Control, Pregnancy Testing, Emergency Contraception, STD Testing, Paps & Breast Exams, and Transgender Health Counseling are available.
  
- ✔ **Mental Health Counseling Services:** Individual counseling, couples therapy, and group therapy.

School is stressful, life is stressful, and you don't have to just deal with these things alone. We have mental health interns who see students for a variety of issues including stress, anxiety, depression, and maintaining healthy relationships. Our mental health professionals are from diverse backgrounds. You will find one that is most suitable for your needs.
  
- ✔ **Medications:** Some prescription and over-the-counter medications are available on-site and are free for SRJC students. We have antibiotics, ear and eye drops, and topical creams to name a few.

If you need Advil, Tylenol, aspirin, cough drops, condoms, tampons, pads or band aids, please feel free to drop in without an appointment and get these for FREE at the front counter of all three SHS sites.

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# Did you know...



MENTAL HEALTH  
**SCREENINGS**

*Identify at-risk individuals in minutes.*

SCREENING FOR MENTAL HEALTH, INC.

## Screening

College Response allows students to complete an anonymous online screening for Depression, Anxiety, Alcohol, Eating Disorders, Bipolar Disorder or PTSD to see if they would benefit from professional consultation.

This screening is customized for you and will direct you to local resources if needed.

# Did you know...



## Want to talk about Mental Health Medication Options?

**FREE REMOTE PSYCHIATRIC SERVICES**

**EVERY TUESDAY**



Need a computer?  
We can help!



SIGN UP 1 WEEK IN ADVANCE:

**707.527.4445**



[SHS.SANTAROSA.EDU](https://shs.santarosa.edu)



# SPS BILINGUAL PSYCHOTHERAPIST

Brijida "Brijit" Alemán!



She/Her

Brijida "Brijit" Alemán is an Alumni of SRJC with an AA in Psychology, AS in Administration of Justice, Corrections Certificate, and Children in the Justice System Certificate. She received her B.A. in Psychology from Sonoma State University, and her Master's in Counseling Psychology from The Wright Institute in Berkeley, and is pursuing dual licensure as a Marriage and Family Therapist and Professional Clinical Counselor. Brijit was born and raised in Santa Rosa, CA and is a multicultural, first-generation college graduate. She is Native American from the Hopland Band of Pomo Indians, Mexican American, and the daughter of migrant farm laborers. Brijit has been at SRJC since 2009, working in College Skills, Financial Aid, Disability Resources, and now as a bilingual mental health clinician in our Student Psychological Services serving marginalized populations such as Spanish-speaking, Latinx, Native American, undocumented, and formerly incarcerated students.

**DID YOU KNOW...**



Dimensions of  
Wellness

# PEERS Tips

## TIME MANAGEMENT TIPS



CREATE YOUR TIME



USE CHECK-LISTS



SET DEADLINES



ELIMINATE INTERRUPTIONS



FOCUS ON ONE THING



TAKE SOME BREAK

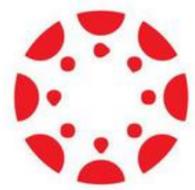
# RESOURCES



## MENTAL HEALTH RESOURCES



## WELLNESS RESOURCE



**CANVAS**

SELF-DIRECTED, NON-CREDIT

**COURSE**

[CANVAS.SANTAROSA.EDU/ENROLL/R84LMN](https://canvas.santarosa.edu/enroll/R84LMN)

[canvas.santarosa.edu/enroll/R84LMN](https://canvas.santarosa.edu/enroll/R84LMN)

# RESOURCES

**UCLA**



**STAND**  
for All



**LEARN SELF-CARE & BUILD MENTAL WELLNESS**

**SRJC Student Health Services** are collaborating with **UCLA** to offer a Free online course to learn self-care skills for mental wellness.

MINDFULNESS



BALANCED THINKING



BREATHING & RELAXATION



SELF-COMPASSION



HEALTHY SLEEP HABITS



Learn at your own pace and request **FREE** one-on-one support from UCLA coaches to review and practice lessons.

**Register link: <https://rebrand.ly/S4AllSantaRosal>**

**Scroll down** & click the **California Community College sign up**.  
You will receive an sign-up email within 24 hours.

In collaboration with UCLA



The UCLA STAND for All program is not a health service and does not provide clinical care. Lessons and coaching services are not a substitute for medical advice, diagnosis, treatment, psychotherapy, counseling, or other mental health services. If you are experiencing extreme emotions you are unable to control or having thoughts of hurting yourself or someone else, call the National Suicide Prevention Lifeline at (800) 273-8255.



**For Questions:**  
**Jeane Erlenborn**  
<[jerlenborn@santarosa.edu](mailto:jerlenborn@santarosa.edu)>  
Health Promotion Specialist  
PEERS Coordinator



# CAMPUS RESOURCES

## Fall 23 Food Pantry Hours at the BAILEY FIELD KIOSK

**Tuesday: 10-4pm**  
**Wednesday: 10-6pm**  
**Thursday: 10-4pm**



*Brought to you by:*

Basic Needs and the Student Resource Center

[resources.santarosa.edu](https://resources.santarosa.edu)

707-522-2638

Please Bring A Bag  
& know your SID

# CAMPUS RESOURCES

## SRJC Student Resource Centers

### *Fall 23 Office Hours*

Mon, Tue, Thur

10 AM - 2 PM

Wed

10AM - 7PM

Fridays

CLOSED (TEXT  
"FOOD" TO  
7073533882)

We assist Students & Staff w/ free snacks, Calfresh app assistance, & referrals to other basic needs!

[resources.santarosa.edu/707-522-2638](https://resources.santarosa.edu/707-522-2638)

**WELCOME TO**



# SRJC STUDENT HEALTH SERVICES

## Hours:

Santa Rosa Campus

In-Person & Zoom

Mon - Thu: 8:30 AM - 5:00 PM

Friday: 8:30 AM - 12:30 PM

Petaluma Campus

In-Person

Wed 9:00 AM - 4:00 PM

Call for after-hours appointments



FOR MORE INFORMATION PLEASE  
CALL OR VISIT OUR WEBSITE:

**707.527.4445**

[SHS.SANTAROSA.EDU](https://shs.santarosa.edu)



**WEBSITE: [SHS.SANTAROSA.EDU](http://SHS.SANTAROSA.EDU)**

**TEL: (707) 527-4445**

**EMAIL: [STUDENTHEALTHSERVICES@SANTAROSA.EDU](mailto:STUDENTHEALTHSERVICES@SANTAROSA.EDU)**



**Events & Resources:**

**Events & Newsletter subscribe: [shs.santarosa.edu/current-events](http://shs.santarosa.edu/current-events)**

**Resources: [shs.santarosa.edu/community-resources](http://shs.santarosa.edu/community-resources)**

**For Questions: [srjcpeerscoalition@gmail.com](mailto:srjcpeerscoalition@gmail.com)**

**Instagram: [instagram.com/srjcpeers](https://www.instagram.com/srjcpeers)**

**Facebook: [facebook.com/srjcpeers](https://www.facebook.com/srjcpeers)**

**YouTube: [youtube.com/channel/UCK3FdZByUzk\\_ew4PGULeWoQ](https://www.youtube.com/channel/UCK3FdZByUzk_ew4PGULeWoQ)**