

11/10/2023



WELLNESS NEWSLETTER

Provided by SRJC
Student Health PEERS



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



SHS Services

Free Flu & Covid Shots



Call Student Health Services at 707-527-4445 to make an appointment for flu and Covid vaccines & rapid Covid test at the Student Health Clinic.



Stay healthy this winter



Why Flu shot?

- **Protect your family**
- **Reduces risk of going to the doctor with flu by 40-60%**
- **Getting sick = staying home from school and work**
- **It is free**

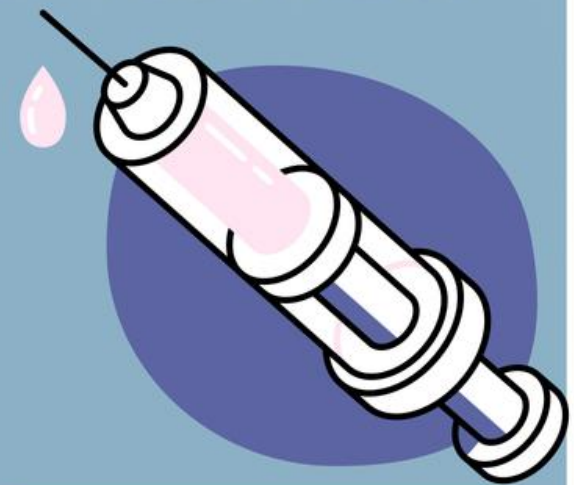


Keep Loved Ones Safe This Winter



Updated Vaccine for 23-24 Variants

Student Health Services now has updated COVID vaccines for students. Call 707-527-4445 to make an appointment.



Keep Loved Ones Safe This Winter



SPS THERAPIST

**Profile for
November**

MARIA PENA



Maria Peña is a fourth year doctoral candidate at the PGSP-Stanford PsyD program. She is a bilingual Latina therapist interested in treating trauma, mood disorders and anxiety disorders. She is also interested in Mental Health outreach and education.

SHS EVENT

WORKSHOP ACT & PREVENT

**LEARN HOW TO HELP SOMEONE FROM
OPIOID OVERDOSE
AND BE THE 1 BEFORE 911**



**Free Narcan will be available
for students**

***Wednesday, November 15
Polly O'Meara Hall, Great Room
At 6:00 p.m.***

 **SRJC STUDENT
HEALTH SERVICES**



 **SANTA ROSA
JUNIOR COLLEGE**

SHS EVENT

CRAFT & CHILL

WEDNESDAY NOVEMBER 29TH 6:00 PM-8:00PM

IN THE GREAT ROOM, POLLY O'MEARA DOYLE HALL

CRAFTS



PAINTING



BOARD GAMES



FOOD & MUSIC



Student Health PEERS



SANTA ROSA
JUNIOR COLLEGE



SRJC STUDENT
HEALTH SERVICES



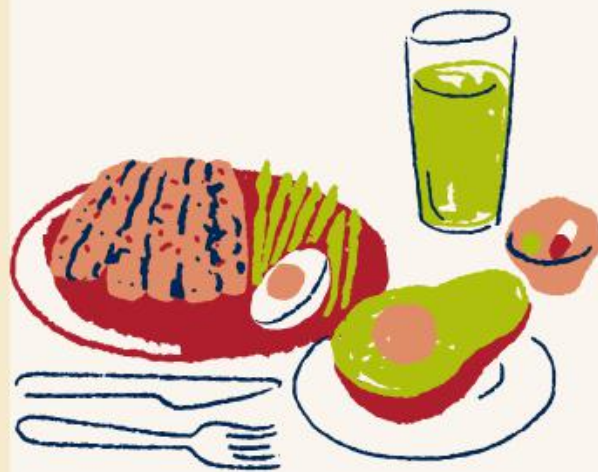
CAMPUS EVENT



SELF-CARE WORKSHOP NOVEMBER 15



mental health



diet



rest



exercise

Plover Hall Room 526 1:30-2:30pm



Did You Know...



Dimensions of Wellness

Emotional wellness (well-being):

how well people are able to accept and manage their emotions and cope with challenges or uncertainties throughout life.

Difficulties in emotional well-being may have a negative effect on a person's mental and physical health.

STUDENT PSYCHOLOGICAL SERVICES (SPS)

- Counseling Appointments
- Drop-in Services
- Individual Therapy
- Couple Therapy
- Group Therapy
- Confidentiality

SPS is a program designed to serve SRJC students who are experiencing stress or other emotional difficulties, such as: panic or anxiety, depression, grief and loss, identity struggles, relationship difficulties, substance abuse, eating disorders, or test anxiety, etc. SPS is a safe and positive place to address difficulties. SPS services are provided free of charge, assuring no financial barriers to receiving needed services.

STUDENT PSYCHOLOGICAL SERVICES (SPS)



MENTAL HEALTH APPOINTMENTS

Santa Rosa: In-Person & Zoom:

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

Fri: 8:30 AM - 12:30 PM

Petaluma: via Zoom same hours

Call for after-hours appointments

MENTAL HEALTH DROP-IN HOUR

Santa Rosa: In-person & Zoom:

Mon - Thu 2:00 PM

Fri 11:00 AM

**Petaluma/On-line: via Zoom
during same hours**

SANTA ROSA: BERTOLINI, 3RD FLOOR, WEST WING

PETALUMA: 610 CALL BUILDING

TEL (707) 527-4445

FAX (707) 524-1858

EMAIL: studenthealthservices@santarosa.edu



RESOURCES

Emotional Wellness Checklist

Emotional Wellness Toolkit

What Is Emotional Wellness?

By Ariane Resnick, CNC

What Is Emotional Wellness?

By Diana Raab Ph.D.

What Is Emotional Wellness?

by TANYA J. PETERSON

What is emotional health
and well-being?

9 Ways to Cultivate Emotional Wellness

10 Tips to Improve Your Emotional Wellness

What to Know About Emotional Health

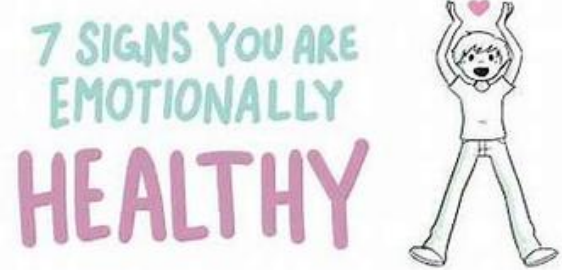
Ideas

Regarding Emotional Wellness

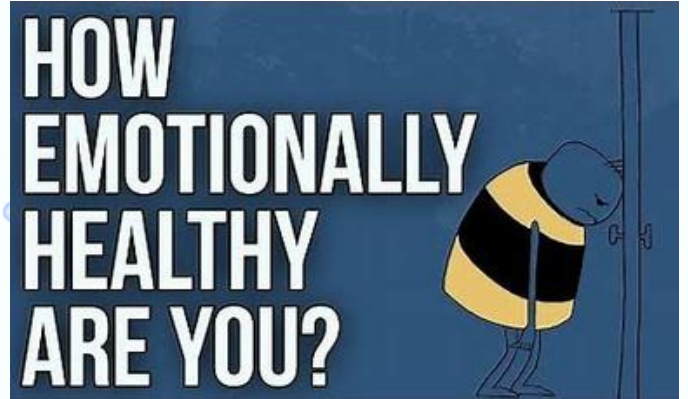
Emotional well-being affects personal growth | Simone Cox | TEDxPointUniversity.



7 Signs You Are Emotionally Healthy.



How Emotionally Healthy Are You?



10 Habits That Boost Your Emotional Well-being.





Emotional Wellness



Focus on Emotional Wellness!






Mindfulness Exercise to Reduce Stress & Anxiety

5 Ways to Be Mindful to
Erase Stress and Anxiety.

9 Mindfulness Exercises for Anxiety.

14 Mindfulness Tricks to Reduce Anxiety.

Mindfulness Activities to Reduce
Stress and Improve Student Focus



8 Mindfulness Exercises
That Also Reduce Stress

15 Mindfulness Activities to
Reduce Stress and Increase Calm

58 Mindfulness Practices for Calming
& Productive Classrooms

7 Simple Mindfulness Exercises
You Can Easily Fit Into Your Day.





SONOMA COUNTY

Mental Health Resources

HOTLINES & WARMLINES

Local, regional, and national places to call or text to communicate with a trained professional (or peer, depending on the line.)

SUICIDE HOTLINE: DIAL OR TEXT 988

988 SUICIDE & CRISIS
LIFELINE

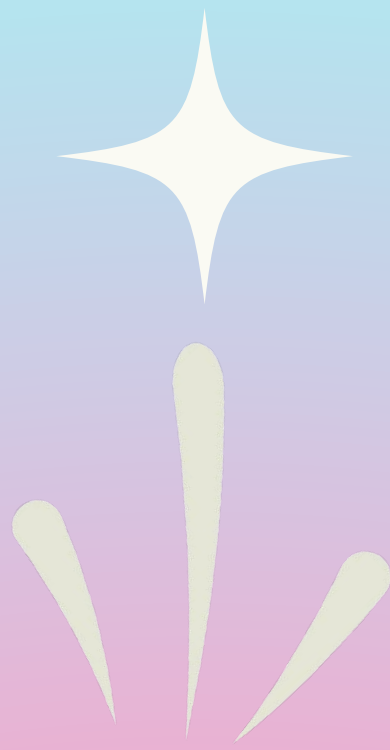
988 LÍNEA DE
PREVENCIÓN DEL
SUICIDIO Y CRISIS

COMMUNITY AGENCIES

- Crisis Stabilization Unit (for psychiatric emergencies)
- Sliding Scale (Low-Fee) Agencies
- Santa Rosa Community Health and other community agencies that take MediCal
- An assortment of other useful community agencies

SUBSTANCE USE RELATED AGENCIES/SERVICES

- Outpatient Treatment Programs
- Residential Treatment Programs
- Licensed Detox
- Cannabis support groups
- Eating Disorder Resources
- Other Substance Use Resources



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



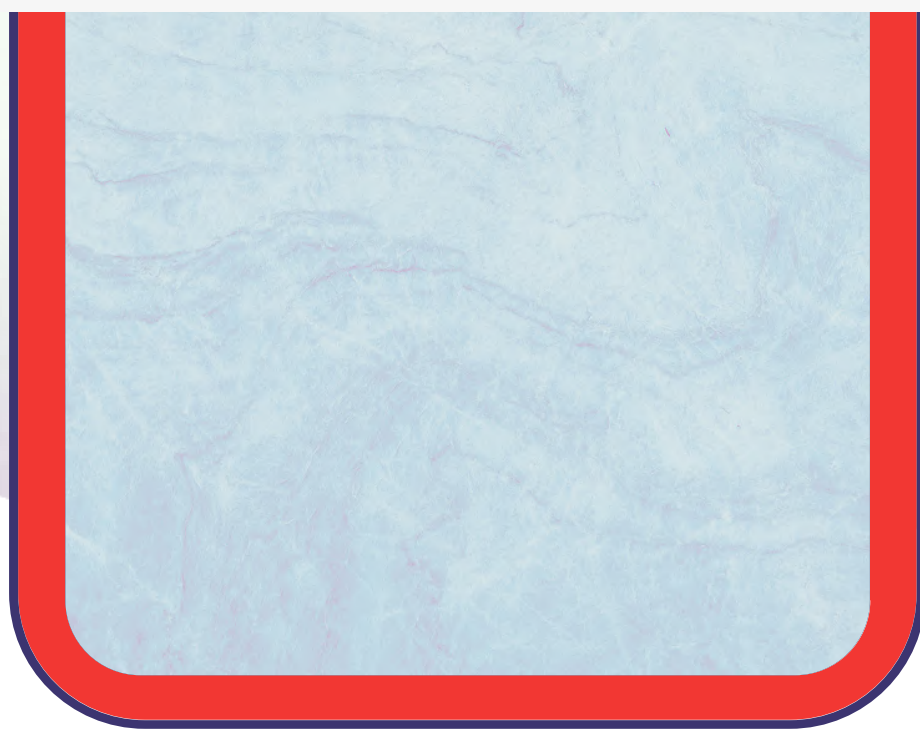
WEBSITE: shs.santarosa.edu

TEL: (707) 527-4445

EMAIL: studenthealthservices@santarosa.edu



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