

YOU DON'T HAVE TO DO COLLEGE ALONE

Available on the TimelyCare app or timelycare.com/swccd

The logo for TimelyCare, featuring the word "timelycare" in a lowercase, sans-serif font. The "i" in "timely" has a blue square above it, and the "c" in "care" has a blue square above it.

Having a backup plan...
ALWAYS SMART.



MedicalNow

On-demand support for common health issues.



Self-Care Content

Visit the "Self-Care" page for guided self-care content.



TalkNow

24/7, on-demand emotional support to talk about anything.



Peer Community

Post your feelings, ask, share, communicate, get support and provide it to other peers.



Scheduled Medical

Choose your preferred day, time, and medical provider.



Basic Needs

Access to free or reduced-cost community resources.



Scheduled Counseling

Choose your preferred day, time, and mental health provider.



CrisisNow

Connect with a trained counselor in just a few seconds. (619) 941-0390

SIGN IN NOW

100% FREE * NO INSURANCE NEEDED * 100% FREE