

E-mail Subject: Resources for your health and well-being

Dear Student:

Your classes are important and so is your health and well-being! Our nurses, psychologists, and therapists are available for consultation. Send an e-mail or leave a message. Please allow one business day for a response.

If you are feeling, sick, weak, unwell, contact **Health Services**:
[Health Services](mailto:enurse@swccd.edu): Call (619) 482-6354 or e-mail enurse@swccd.edu

If you are feeling stressed, sad, worried, depressed, contact **Personal Wellness**
[Personal Wellness](mailto:swcpersonalwellness@swccd.edu): Call (619) 421-6700 x5279 or email swcpersonalwellness@swccd.edu.

Immediate help is also available at:

- **Call 911 immediately for emergencies.**
- San Diego Access & Crisis Line: (888) 724-7240 or (619) 641- 6992 TTY
- **Crisis Text Line**: Text COURAGE to 741741
- It's Up to Us : www.up2sd.org
- Veterans Crisis Line: 1-800-273-8255
- National Suicide Prevention Hotline: 1-800-273-TALK (8255)
www.suicidepreventionlifeline.org
- Kaiser Crisis Line: 1-800-900-3277
- The Trevor Lifeline for LGBTQ: 1-866-488-7386 www.thetrevorproject.org

Need assistance with food, housing, or basic needs?

Send an e-mail to Patie Bartow at pbartow@swccd.edu or the Office of Student Services at SWCOOfficeOfStudentServices@swccd.edu.

COVID-19 Resources for Students:

Southwestern College is committed to continuing to serve our students during the Coronavirus public health crisis and helping them successfully complete their courses and access vital student resources. For updated information and resources, please visit <https://www.swccd.edu/student-support/health-services/special-health-updates/information-for-students.aspx>

Sincerely,

Southwestern College
Student Affairs Division