

## **MESA COLLEGE STUDENT HEALTH SERVICES**

Spring 2017: Mental Health Services: All services are free

1. Monday's:
  - a. Peer Educators: 12:30pm to 1:30pm. Peer Educators are out in front of the Mesa Commons to provide referrals and health information.
  - b. Recovery from Addiction: Michael Booth LMFT, 1pm-1:50pm. Recovery from addiction is possible. This group includes students with a wide array of addictions.
  - c. Sweet Talk: Rebecca Lee LMFT 2pm to 2:50pm. This group teaches you skills on how to relate to others while maintaining your authentic self.
2. Tuesday's:
  - a. Be Calm: Rebecca Lee LMFT, 1pm to 1:50pm students learn relaxation techniques for testing and everyday life.
3. Wednesday's
  - a. Campus In Reach: Michael Booth LMFT, 1pm to 1:50pm. In front of the Mesa Commons to provide support, referrals and access to mental health information.
4. Thursday's
  - a. Campus In Reach: Michael Booth LMFT, 1pm to 1:50pm. They are in front of the cafeteria to provide support, referrals and access to mental health information to students, staff and faculty.
  - b. Come As You Are, Sue Shrader Hanes LMFT, 4pm to 5:30pm. Students create community and discuss topics around sexual identity and LGBTQIA. Will begin the 3<sup>rd</sup> week of the semester.
5. QPR: Question Persuade, Refer. This is a one hour seminar on how to talk to a suicidal person. The seminar is offered to all campus groups. We offer seminars throughout the semester in our office and in classrooms/offices. Invite us to your office or classroom.
6. Comfort Tent: The Comfort Tent is open during midterms and the last 2 weeks of the semester. We are in front of the LRC.
7. Crisis management: Students, staff and faculty may call our office, walk-in or email [skhambat@sdccd.edu](mailto:skhambat@sdccd.edu).
8. Student Health Services provides short-term therapy for individuals, couples and families. All Therapists are licensed and experienced.
9. Students of Concern: Are you worried about a student but you're not sure what to do? Give me a call so we can problem solve together (X2545). You can also fill out the Student of Concern form <http://www.sdmesa.edu/index.cfm/students/services/health-services/referral-form-for-student-of-concern/>.
10. Classroom presentations: We can provide you with classroom presentations on suicide prevention, stress management, violence prevention, healthy communication and many others.

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