



# San Diego Mesa College Student Health Services

Director of Student Health: Suzanne Khambata, FNP




## Mental Health Funding

- Mental Health fair
  - Getting Real Inside and Out
  - Active Minds: Book clubs and speakers
- Warm line
- Calm App as an incentive for students who will join in mental health events
- Virtual Reality event
- Suicide prevention signs and affirmation quotes around campus
- Support events in inviting special guest speakers
- Support groups, workshops and meetings with informative supplies and materials

# Active Minds Club

- Meets virtually every Friday @ 2:00pm!
- Focuses on redirecting people's perceptions & understandings of Mental Health.
- Fosters support & connections for all students by sharing beneficial/healthy ways to cope with their daily lives.
- Quick Info
  - Facilitator: Aurora San Pedro, LMFT ([msanpedro@sdccd.edu](mailto:msanpedro@sdccd.edu))
  - Instagram: @activeminds.mesa
  - Email: [Sdmesastudenthealth@gmail.com](mailto:Sdmesastudenthealth@gmail.com)
  - Phone: 619-388-2774

SAN DIEGO MESA COLLEGE  
Student Health Services

 2022-2023

# ACTIVE MINDS



*Student Club*

Changing the conversation around Mental Health.  
Finding ways to stay connected and share  
healthy coping

active  
minds  
• • • • •

VIRTUAL MEETINGS  
2:00 PM  
Every Friday

ZOOM ID:  
944 9609 5772  
PASSWORD:  
466444

  
@activeminds.mesa  
  
[SDmesastudenthealth@gmail.com](mailto:SDmesastudenthealth@gmail.com)

# Learn About Depression Workshop

- Next workshop on Tuesday, April 5<sup>th</sup>, 2022 from 11-11:45am!
- Focuses on helping students understand depression, its symptoms, effects, and how to cope.
- Great way to receive support from students with similar stories!
- Quick Info
  - Facilitator: Linda Gibbins-Croft, LCSW ([lgibbins@sdccd.edu](mailto:lgibbins@sdccd.edu))
  - Phone: 619-388-2774



Mesa College Student Health  
and Mental Health presents

## LEARN ABOUT DEPRESSION WORKSHOP

A virtual workshop to help you understand depression:

- What depression looks like
- How depression is different than feeling a little sad
- What actions you can take to help yourself
- Where can you get help & support
- It's normal to need support

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### Workshop

 **Tuesday, April 5<sup>th</sup>**

 **11:00 am - 11:45 am**

 **9804 755 0382 (Zoom)**

 **grow**

For more information, contact  
Linda Gibbins Croft LCSW  
at [lgibbons@sdccd.edu](mailto:lgibbons@sdccd.edu).

For ASL interpreters upon request,  
call 619-388-2774

- Meets virtually every Monday @ 2:00pm!
- Focuses on teaching students new methods to efficiently organize their schedules for the semester.
- Awesome opportunity to learn how to be a better student & to take care of yourself while in school.
- Quick Info
  - Facilitator: Linda Gibbins-Croft, LCSW ([lgibbins@sdccd.edu](mailto:lgibbins@sdccd.edu))
  - Phone: 619-388-2774

Student Health Services present

# How to Organize for a Successful Semester

**Join us to learn about:**

- Setting up a calendar to organize your projects
- Schedule your study time effectively
- Manage stress & anxiety
- Schedule time to relax
- Control social media so it doesn't control you.

**Workshops** **966 3938 7440** **connect**



**Monday, March 7<sup>th</sup>**

**Monday, March 14<sup>th</sup>**

**Monday, March 21<sup>st</sup>**

**Monday, March 28<sup>th</sup>**

**2:00 pm**

**2:00 pm**

**2:00 pm**

**2:00 pm**

\*Each workshop will cover similar information.

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For more information, please contact **Linda Gibbins-Croft, LCSW** at [lgibbons@sdccd.edu](mailto:lgibbons@sdccd.edu)

For ASL interpreter upon request, call **619-388-2774**



# Black Forum

- Meets virtually every Wednesday @ 3:00pm!
- Focuses on providing a space where students, particularly African-American students, can openly share their stories.
- Facilitates conversation around challenges & how to solve them via individual experience/insight.
- Quick Info
  - Facilitator: Monica Woodruff ([mwoodruff@sdccd.edu](mailto:mwoodruff@sdccd.edu))
  - Phone: 619-388-2774

A place where YOU can FREELY speak YOUR truth and voice YOUR concerns

# BLACK Forum

**BlackSpeak**  
Express yourself &  
Speak your truth

Zoom  : 95414839505

Every Wednesday at 3:00 - 3:45 pm

March 9 – May 18, 2022

*(exclude Holidays and Spring Break)*



Share your unique **Black Experience**  
Share your personal **Point of View**  
Share **Challenges** you faced  
Share **Solutions** you have found  
Share **Insights** you have gained  
Share **YOUR SUCCESS**

Facilitated by:  
John Guinn, LMFT & Monica Woodruff, ALMFT

**BLACK  
LIVES  
MATTER**  
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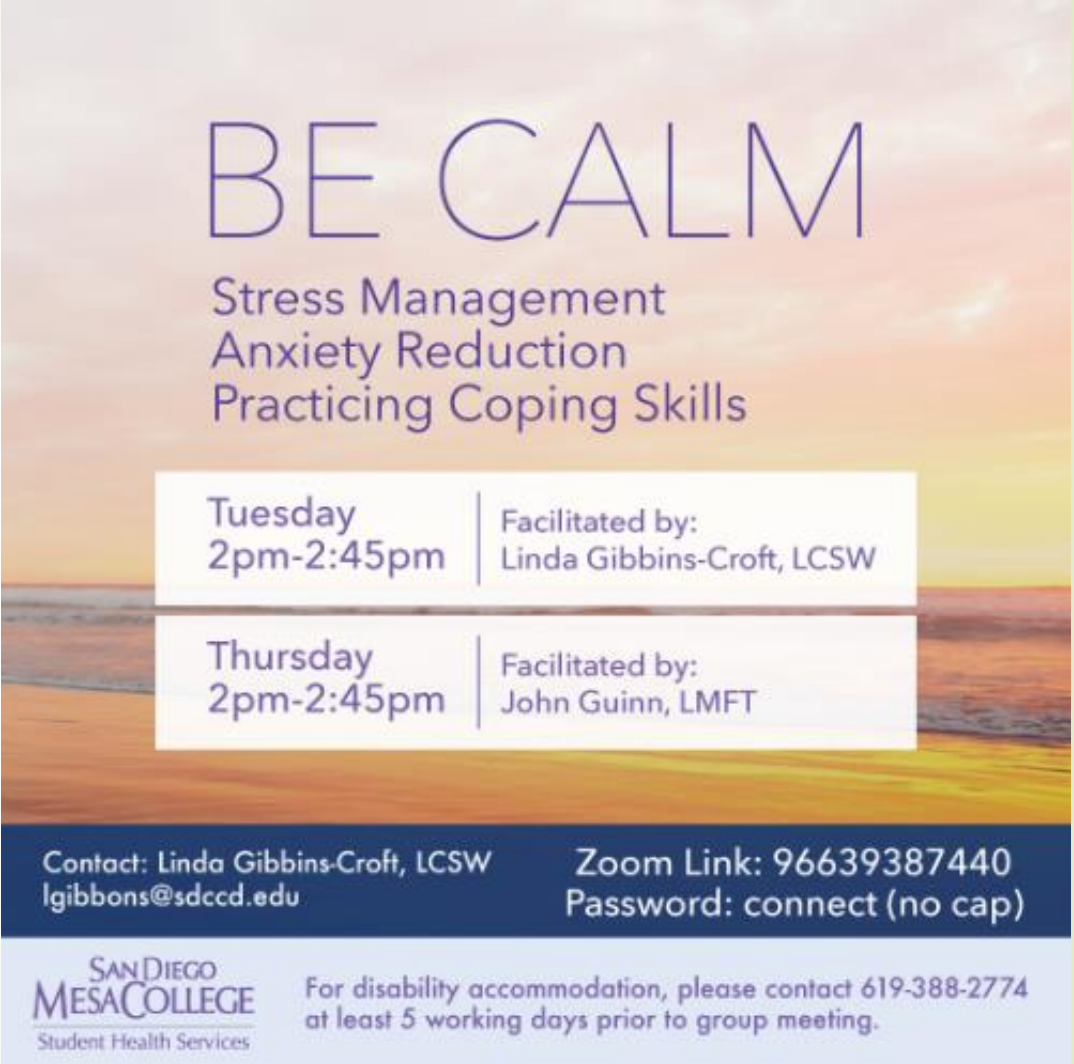
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Call with any questions and/or to request Disability accommodations, 619-388-2774

If you have questions, please email [mwoodruff@sdccd.edu](mailto:mwoodruff@sdccd.edu)

# Be Calm

- Meets virtually every Tuesday & Thursday @ 2:00pm!
- Provides students with support during times of stress/anxiety.
- Teaches students healthy coping skills in regards to stress/anxiety.
- Quick Info
  - Facilitator: Linda Gibbins-Croft, LCSW ([lgibbins@sdccd.edu](mailto:lgibbins@sdccd.edu))
  - Phone: 619-388-2774



BE CALM

Stress Management  
Anxiety Reduction  
Practicing Coping Skills

Tuesday 2pm-2:45pm	Facilitated by: Linda Gibbins-Croft, LCSW
Thursday 2pm-2:45pm	Facilitated by: John Guinn, LMFT

Contact: Linda Gibbins-Croft, LCSW  
[lgibbons@sdccd.edu](mailto:lgibbons@sdccd.edu)

Zoom Link: 96639387440  
Password: connect (no cap)

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For disability accommodation, please contact 619-388-2774  
at least 5 working days prior to group meeting.

# Connections Games Group

- Meets virtually every Thursday @ 3:00pm!
- Who said COVID-19 can hinder mutual support?
- Great opportunity to connect with other students over fun/interactive Jackbox games!
- Quick Info
  - Facilitator: Linda Gibbins-Croft, LCSW ([lgibbins@sdccd.edu](mailto:lgibbins@sdccd.edu))
  - Phone: 619-388-2774

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Student Health Services  
Student Support Group

## Connections Games Group

**Every Thursday**  
Feb. 24 – May 26  
Will not be meeting on Spring break and holidays.

**Time** 3:00 pm – 3:45 pm

**Location: Zoom**  
ID: 95760201247  
Password: connect

**LET'S PLAY**  
jackbox games

**Connect to other students by playing Jackbox games!**  
A fun group and a nice way to stay connected during this Spring semester.

For more information, contact **Linda Gibbins Croft LCSW** at [lgibbons@sdccd.edu](mailto:lgibbons@sdccd.edu)  
For ASL interpreters upon request, call **619-388-2774**



# Grief Support Group

- Meets virtually every Wednesday @ 1:00pm!
- Provides a space for students to receive comfort & support in an unprecedented time of loss/tragedy.
- Ensures that every student does not feel alone.
- Quick Info
  - Facilitator: John Guinn, LMFT ([jguinn@sdccd.edu](mailto:jguinn@sdccd.edu))
  - Phone: 619-388-2774

## Grief Support Group

- The discomfort you are feeling may be grief
- The changes and loss due to the pandemic have affected most students
- Come get support, find coping, find connection

**February 2 - May 11**  
**Every Wednesday**  
**1:00-1:45 pm**

Zoom ID: **96639387440**  
Password: **connect** (no caps)

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Student Health Services

Facilitator: John Guinn, LMFT  
Questions: [jguinn@sdccd.edu](mailto:jguinn@sdccd.edu)

# Come As You Are

- Meets virtually every Wednesday @ 2:00pm!
- Provides a space for LGBTQIA students & allies can discuss, connect & receive support.
- Quick Info
  - Facilitator: Linda Gibbins-Croft, LCSW ([lgibbins@sdccd.edu](mailto:lgibbins@sdccd.edu))
  - Phone: 619-388-2774




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## COME AS YOU ARE

WEDNESDAYS 2:00 PM (EXCLUDE HOLIDAYS AND SPRING BREAK)  
ZOOM ID: 92879802449 PASSWORD: connect

CONTACT: LINDA GIBBINS-CROFT, LCSW  
LGIBBONS@SDCCD.EDU

For disability accommodation please contact: 619-388-2774 or tvu@sdccd.edu at least 5 working days prior to event.



# Information about Mental Health Services

- Student Health Services is currently offering Mental Health Services virtually and by appointment only! We have an amazing team that works for your benefit:
  - Linda Gibbins-Croft, LCSW, CHTP
  - Maria Aurora San Pedro, LMFT
  - Monica Woodruff, Registered Associate MFT
  - Johnny Guinn, LMFT
- To book an appointment with one of our Mental Health providers, please call us at 619-388-2774.





# How to Contact Us

- Phone Number: 619-388-2774
    - Monday – Thursday: 8:00am to 5:00pm
    - Friday: 8:00am to 3:00pm
  - Instagram: @mesastudenthealth
  - Website: <https://www.sdmesa.edu/student-services/health-services/>
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