

# Your mental health matters.

Join us for any of the following sessions:

## Comfort Spot

May 7, May 8, May 14, May 15 | 11:00am-2:00pm | Location: Mesa Quad

## Healing Circle

May 8 | 11:00am-1:00pm | Location: I4-402

## Question Persuade Refer (QPR) Training

May 14, and May 21 | 1:00pm | Location: I4-409

May 16 | 10:30am | Zoom

## Comfort Dogs Shelter to Soldier:

May 15, 2024 | 10:00am – 12:00pm May 21 | 1:00 – 3:00pm

Locations will vary - Check email.

### Students:

Mesa College Health Center offers Crisis counseling. The Health Center is located on the 2nd floor of the Student Services Building, I4-209.

Hours:

Monday-Thursday: 8:00am-5:00pm,

Friday: 8:00am-12:00pm

Students can visit in person or make an appointment to speak with a counselor.

To schedule an appointment, call  
619-388-2774

### Employees:

San Diego Community College District EAP (Employee Assistance Plan) program, which is available toll-free, 24 hours a day, 7 days a week.

All services are CONFIDENTIAL and available to all household and dependent family members.

Phone: 888-625-4809,

TDD/TTY: 888-842-9489

Website: [www.liveandworkwell.com](http://www.liveandworkwell.com)

Access code: VEBA

### Community Resource:

San Diego Access and Crisis Line:  
1-888-724-7240

Suicide & Crisis Lifeline: 9-8-8

**More support is in progress and will be announced soon.**