

# STUDENT WELLNESS RESOURCES

*Your well-being is a top priority. We are here for you and you are never alone, Toreros.*

## Counseling Center

[www.sandiego.edu/counseling-center](http://www.sandiego.edu/counseling-center)

(619) 260-4655

The Counseling Center provides free, confidential individual counseling, assessments, wellness groups, and psychiatric consultations to facilitate a student's growth and emotional needs. For Spring 2021, the Counseling Center will provide assessment, consultation, and support services via phone and HIPPA compliant Zoom. Students can make an appointment through the MyWellness Portal at [mywellness.sandiego.edu](http://mywellness.sandiego.edu). For urgent concerns, a counselor is available 24 hours a day, 7 days a week by calling **(619) 260-4655**, press 1 if after-hours.

## Student Health Center

[www.sandiego.edu/health-center](http://www.sandiego.edu/health-center)

(619) 260-4595

The Student Health Center provides medical care to students for illness, injury, preventive care, immunizations, and more. For Spring 2021, the SHC will provide initial medical care via phone and HIPPA compliant Zoom. To connect or schedule with the SHC for any health-related concern, call **(619) 260-4595** or schedule an appointment online through the MyWellness Portal: [mywellness.sandiego.edu](http://mywellness.sandiego.edu).

## C.A.R.E.

### Campus Assault Resources and Education

[www.sandiego.edu/care](http://www.sandiego.edu/care)

CARE is USD's primary resource for students impacted by sexual assault and/or relationship violence to receive support, resources, and information. CARE Advocates are available 24 hours, 7 days a week by calling **(619) 260-2222** and asking to speak with a CARE Advocate. CARE is a private resource, not confidential. Students seeking confidential support should call the Counseling Center.

## Campus Recreation

[www.sandiego.edu/campusrecreation](http://www.sandiego.edu/campusrecreation)

Campus Recreation offers an array of fitness, wellness, and adventure opportunities that integrate habits promoting health in mind, body, spirit, and connection with others. For Spring 2021, Campus Recreation will have a variety of activities available online, independently, and when possible, in-person and in groups. Follow them on Instagram [@usdcampusrec](https://www.instagram.com/usdcampusrec) and email [campusrecreation@sandiego.edu](mailto:campusrecreation@sandiego.edu) to connect further.

## Center for Health and Wellness Promotion

[www.sandiego.edu/health-wellness](http://www.sandiego.edu/health-wellness)

The Center for Health and Wellness Promotion provides confidential consultations to help students make positive behavior change, provides support related to alcohol and other drug concerns, and offers a variety of health promotion and peer education opportunities. The best way to connect with the Center for Health and Wellness Promotion for Spring 2021 is to email [chwp@sandiego.edu](mailto:chwp@sandiego.edu).

## Disability and Learning Difference Resource Center

[www.sandiego.edu/disability](http://www.sandiego.edu/disability)

(619) 260-4655

The Disability and Learning Difference Resource Center provides the USD community with an array of resources and assists students who have documented disabilities with academic accommodations for which they are eligible. The best way to connect with the DLDRC this spring is to call **(619) 260-4655** or to email [disabilityservices@sandiego.edu](mailto:disabilityservices@sandiego.edu).

## Gender Identity Resources

[www.sandiego.edu/womens-commons](http://www.sandiego.edu/womens-commons)

[www.sandiego.edu/lgbtq](http://www.sandiego.edu/lgbtq)

Gender Identity Resources includes The Women's Commons and LGBTQ+ & Allies. These spaces are part of The Commons, a collective of identity spaces that includes the Black Student Resource Commons and United Front Multicultural Commons. The Commons centers solidarity, intersectionality, and holistic identity development as we pursue equity and inclusion at USD. Follow them on Instagram [@usdwomenscommons](https://www.instagram.com/usdwomenscommons) and [@lgbtqalliescommons](https://www.instagram.com/lgbtqalliescommons) to learn more about ways to get involved.

## You are USD

[www.sandiego.edu/youareusd](http://www.sandiego.edu/youareusd)

The You are USD website is our online hub for information and resources to support your overall well-being.

## Online Anonymous Mental Health Screening

[screening.mentalhealthscreening.org/USD](https://screening.mentalhealthscreening.org/USD)

This screening tool provides an opportunity for students to check-in on various aspects of their mental health. Students are encouraged to discuss any concerning results with USD Counseling or another provider.

## National Suicide Prevention Lifeline

1-800-273-8255

and **LifeLine Chat**

[suicidepreventionlifeline.org/chat](https://suicidepreventionlifeline.org/chat)



Instagram:  
[@bewellusd](https://www.instagram.com/bewellusd)



[WWW.SANDIEGO.EDU/YOUREUSD](http://WWW.SANDIEGO.EDU/YOUREUSD)



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