USD STUDENT WELLNESS RESOURCES
WWW.SANDIEGO.EDU/YOUREUSD

Take care of your well-being through this time of remote learning!
We are here for you and you are never alone, Toreros.

Counseling Center
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 Fall 2020, 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. 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
(619) 260 - 4595
The Student Health Center provides medical care to students for illness, injury, preventive care, immunizations and more. For Fall 2020, the Student Health Center will provide initial medical care via phone and HIPPA compliant Zoom. To connect or schedule with the Student Health Center for any health-related concern, call (619) 260-4595 or schedule an appointment online through the MyWellness Portal: mywellness.sandiego.edu.

C.A.R.E.
Campus Assault Resources and Education
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
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 the unique chapter ahead, Campus Recreation will have a variety of activities available on-line, independently, and when possible, in-person and in groups.

Center for Health and Wellness Promotion
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 Fall 2020 is to email chwp@sandiego.edu.

Disability and Learning Difference Resource Center
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 fall is to call (619) 260-4655 or to email disabilityservices@sandiego.edu.

Gender Identity Resources
www.sandiego.edu/womens-commons
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 us on Instagram @usdwomenscommons and @lgbtqalliescommons to learn more about ways to get involved.

You are USD
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
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

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STUDENT WELLNESS