



WELCOME      WORKSHOPS & EVENTS      DID YOU KNOW?

SUPPORTING STUDENTS WELL BEING STARTS IN THE CLASSROOM.

HERE AT THE STUDENT HEALTH CENTER WE SUPPORT STUDENT SUCCESS THROUGH ACCESSIBLE MEDICAL CARE, MENTAL HEALTH SERVICES, AND WELLNESS EDUCATION. BELOW ARE RESOURCES, UPCOMING EVENTS, AND TOOLS YOU CAN EASILY SHARE WITH STUDENTS.

DON'T BE AFRAID TO GIVE A HELPING HAND!

MEDICAL & MENTAL HEALTH SERVICES

Students can access affordable medical care & free personal therapy sessions on campus. Visit us for:

- Common illnesses (Cold, flu, Strep, etc)
  - Preventative services (well women exams, reproductive health, etc)
  - Therapy Sessions
  - Workshops
  - Allied Health Program Requirements
- Learn more at [www.msjc.edu/healthcenter](http://www.msjc.edu/healthcenter)

STUDENT HEALTH CENTER & EAGLES LANDING PRESENT

# WALK YOUR WORRIES AWAY

TAKE A BREAK. RESET. YOU'VE GOT THIS.

Join us for a fun, relaxing event to help you de-stress and recharge.

**FREE GIVEAWAYS!**  
While supplies last!

**WHAT TO EXPECT:**

- WELLNESS WALK**  
Get moving. Clear your mind.
- INTERACTIVE PROMPT WALL**  
Share, reflect, be inspired.
- MUSIC**  
Good vibes, good times.

FANS • COOLING TOWELS  
STRESS BALLS • AND MORE!

**MAY 6<sup>TH</sup>**  
11AM - 2PM  
MENEFEE VALLEY CAMPUS QUAD

**MAY 7<sup>TH</sup>**  
11AM - 2PM  
SAN JACINTO CAMPUS QUAD

ALL STUDENTS WELCOME!

Your well-being matters. | We see you. | We support you. | We're here for you.

- That May is Mental Health Awareness Month?
- FACT
- Mental Health Awareness Month was first established in 1949 in the United States by Mental Health America.



RECIPES  
[Steak Salmon](#)

WELLNESS CORNER

**Mental Stability Tips**

Consider:

- Remembering to prioritize yourself care.
- Stay hydrated and enjoy nature
- Connect and communicate with others

Check out our Screeners to see your Mental Health Status

[CLICK HERE!](#)

# MENTAL HEALTH AWARENESS MONTH