



Student Health Center

A graphic of two purple silhouettes of people climbing a large, blue, 3D-style word "STEP".

STEP up
ohlone

S.tudents T.ogether in E.ducation and P.revention

Ohlone College

Student Health Center

S.T.E.P. Up!



Student Wellness Ambassadors

"We are students, just like you!"

GOALS



Achieve healthy minds and bodies

REDUCE STIGMA

PROMOTE WELL-BEING

CREATE SAFE SPACE



GOALS

Achieve healthy minds and bodies

REDUCE STIGMA

PROMOTE WELL-BEING

CREATE SAFE SPACE



- We are all human. It's okay to feel emotions.
- Even though it's invisible, your mental health is important.



GOALS

Achieve healthy minds and bodies

REDUCE STIGMA

PROMOTE WELL-BEING

CREATE SAFE SPACE



- We are all human. It's okay to feel emotions.
- Even though it's invisible, your mental health is important.
- A healthy mindset will help improve other areas in your life.
- The *Student Health Center* has resources for you.



GOALS



Achieve healthy minds and bodies

REDUCE STIGMA

PROMOTE WELL-BEING

CREATE SAFE SPACE



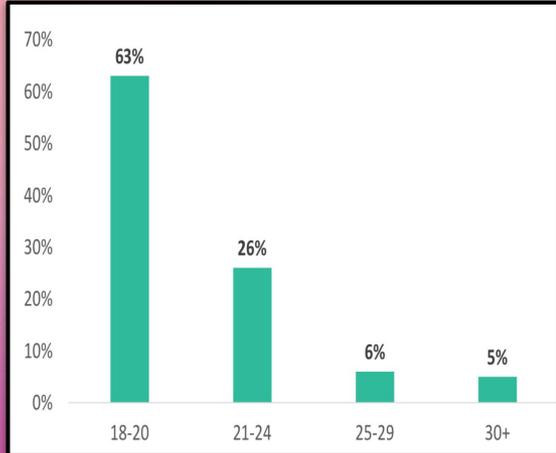
- We are all human. It's okay to feel emotions.
- Even though it's invisible, your mental health is important.
- A healthy mindset will help improve other areas in your life.
- The *Student Health Center* has resources for you.
- We will not judge you.
- We are a community, and we are here to support you.



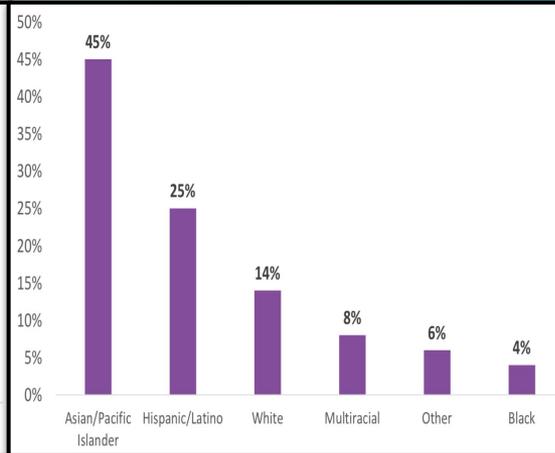
SURVEY

National College Health Assessment: (March 11-22, 2019: Spring Semester)

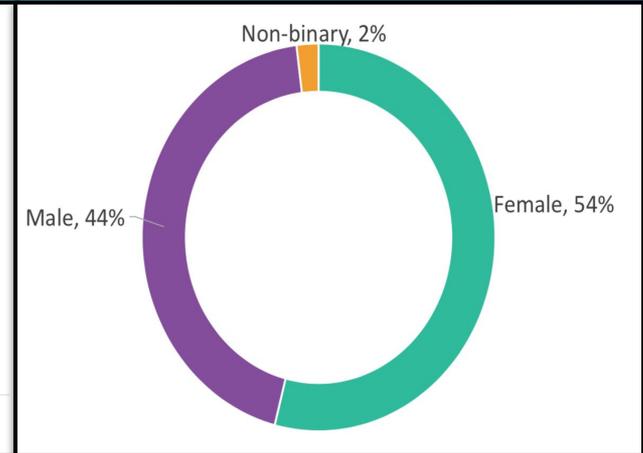
- 70k+ student participants
- 559 students from Ohlone



AGE



ETHNICITY



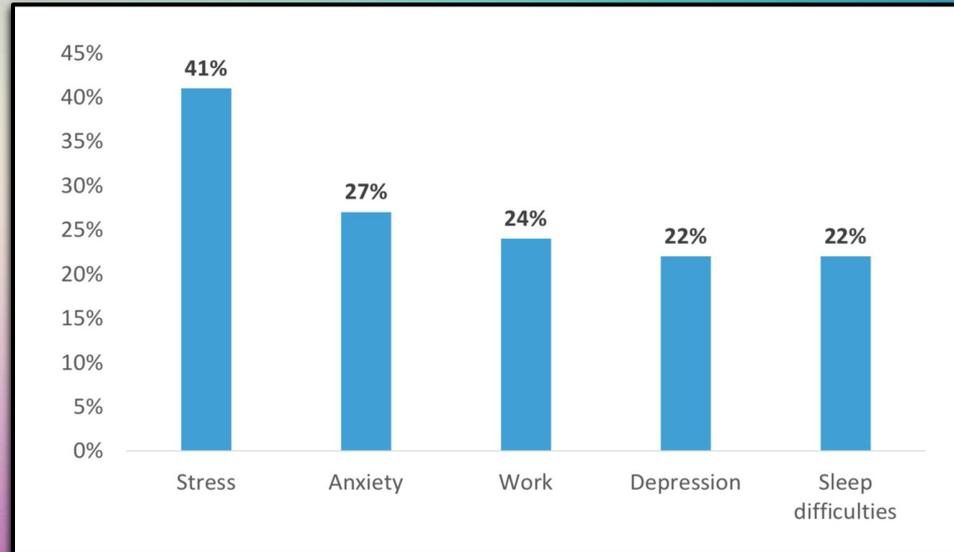
GENDER

Source: American College Health Association (ACHA-NCHA 2019)



RESULTS

TOP 5 FACTORS AFFECTING ACADEMIC PERFORMANCE



Source: American College Health Association (ACHA-NCHA 2019)

WE CAN HELP

Sometimes, you don't know where to start

...we know life is difficult, so...

...just reach out, because...

...when things seem overwhelming...

...we are here to help...





SERVICES



MEDICAL

PHYSICAL

EMOTIONAL

Welcome to the
Ohlone Student Health Center

There are a variety of services
available to you



MEDICAL

- *Primary Care / Urgent Care*
- *Nurse Practitioner Assessment*
- *Medications*
 - *Prescription / Over-the Counter*
- *Immunization / Flu Vaccination / TB Testing*
- *Lab Screenings and Testings*



PHYSICAL

EMOTIONAL

We have a counselor fluent in ASL

All of these are already available to you as a student

SERVICES

MEDICAL

PHYSICAL

EMOTIONAL

- *General Physical Exam*
- *STI / HIV Testing*
- *Condoms*
- *Birth Control / Pregnancy Testing*
- *Emergency Contraceptives*



We have a counselor fluent in ASL

All of these are already available to you as a student

MEDICAL

PHYSICAL

EMOTIONAL

➤ ***Mental Health Counseling***

- ***Depression***
- ***Anxiety***
- ***Grief / Loss***

➤ ***Life Coaching***

- ***Managing Time and Stress***
- ***Relationships***

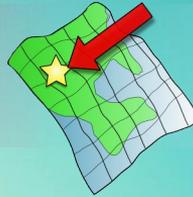
We have a counselor fluent in ASL



All of these are already available to you as a student

LOCATION

ON CAMPUS



@ *Fremont: Building 7 - 3rd Floor*

@ *Newark: Room 1214 - 1st Floor*

OFF CAMPUS



(510) 659-6258



studenthealth@ohlone.edu



www.ohlone.edu/healthcenter

COVID-19 ALERT:

Most services are available remotely; by **Zoom** or by **phone**

Limited on-campus medical services are available on case-by-case basis



CONFIDENTIAL



OHLONE
COLLEGE

Student Health Center

We abide by HIPAA regulations to protect your privacy

- *Bills and Claims*
- *Email and Physical Address*
- *SSN*
- *Charts and Labs*



We **can not** and **will not** let anyone know if you have utilized our resources

LIFE LINES

CRISIS SUPPORT LINES

 1-800-309-2131 (24 Hours)

 741 741 (text "COURAGE")



CRISIS SUPPORT SERVICES
of Alameda County

SUICIDE PREVENTION LIFELINE

 1-800-273-TALK (8255) (24 Hours)



You may not need these, though you might know someone who does



Kognito



Develop skills to *recognize* and *help* those in need

at-risk

For Students:

- Interactive online module
- 30-60 minutes
- Receive a certificate upon completing your training

Run time: (2:23)



California
Community
Colleges

*Free for Community College
students!*

*Use the "ccc" prefix with the URL to
create your free account.*



<https://ccc.kognito.com/>



FOUNDATION for CALIFORNIA
COMMUNITY COLLEGES





California Community Colleges
HEALTH & WELLNESS



Wellness Central

Wellness is central to a happy life.



California Virtual Campus –
Online Education Initiative



<https://www.cccstudentmentalhealth.org/>

- Resources for **self-care** and basic needs
- Student health and mental wellness



<https://wellnesscentral.info/>

- Proven methods to improve your quality of life
- Guides for **physical** and **mental** health

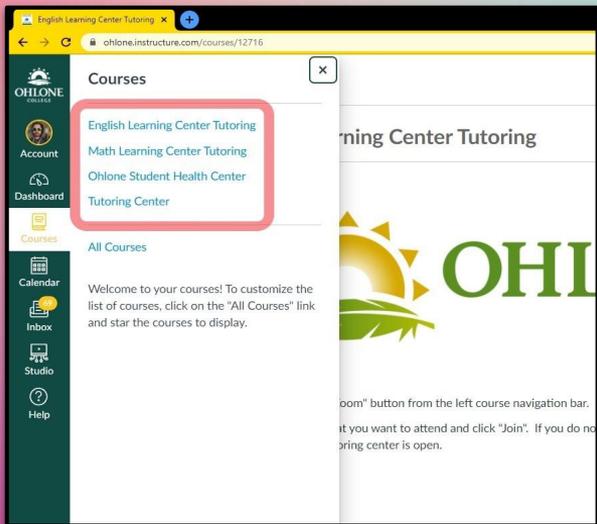


<https://cvc.edu/wellness/>

- Take official courses online for your transcript (*paid*)
- Fulfill your **transfer requirements** (IGETC / CSU)

CANVAS

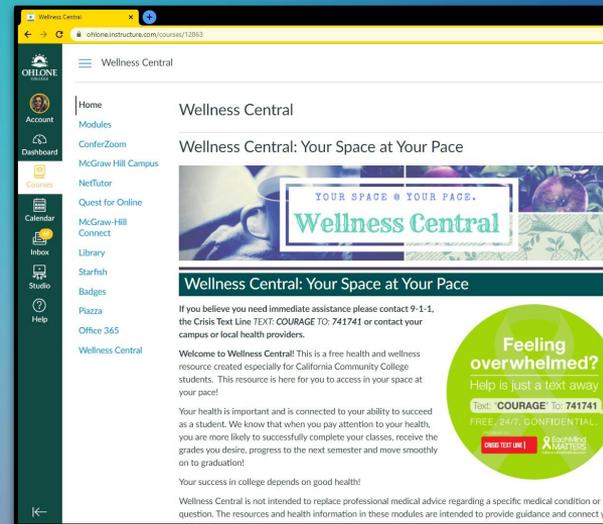
Wellness is only a few clicks away



**SELECT
ANY COURSE**



**SELECT
WELLNESS CENTRAL**



BE WELL!



VIRTUAL YOGA



OHLONE
COLLEGE

Student Health Center

Acquire peace in the hardest of times...

...from the comfort of your own home

Fridays @9am

8 weeks

October 2 - November 20

on **Zoom**

<https://cccconfer.zoom.us/j/91807758967>

Led By:

*Melanie
Fernandez*

FREE

for Ohlone students, staff, and faculty!

ALL LEVELS WELCOME!



NO EXPERIENCE



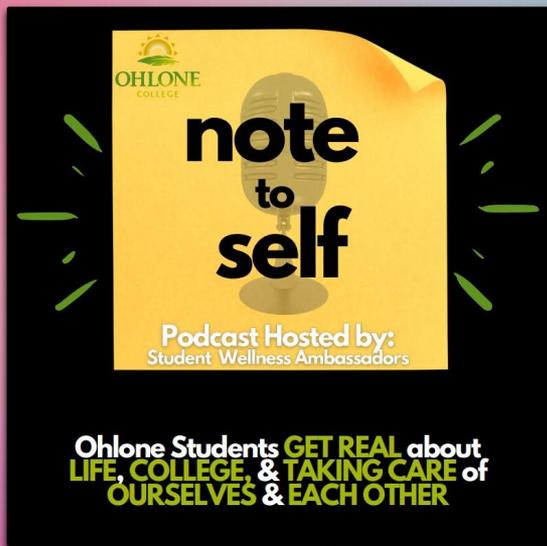
BEGINNER



INTERMEDIATE



ADVANCED



Meet the
#renegadepod squad



NOTE TO SELF

We talk about school, life, and fun.



Andrew Kreiss
Communications
Advisor



Carissa Samuel
Biology



Erica Fernandez
Feminist Studies



Jacob Vasco
Psychology



Setareh Tehrani
Biology



Samuel Di Gregorio
Computer Science

Episodes are in production!

Listen on:



<https://ohlonenotetoself.libsyn.com/>



TEXT LINE



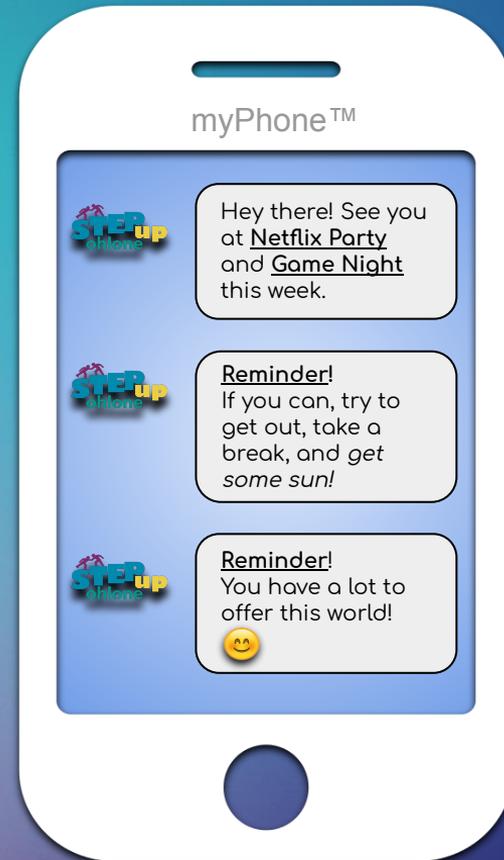
Text: "*ohlonewellness*" to 31996



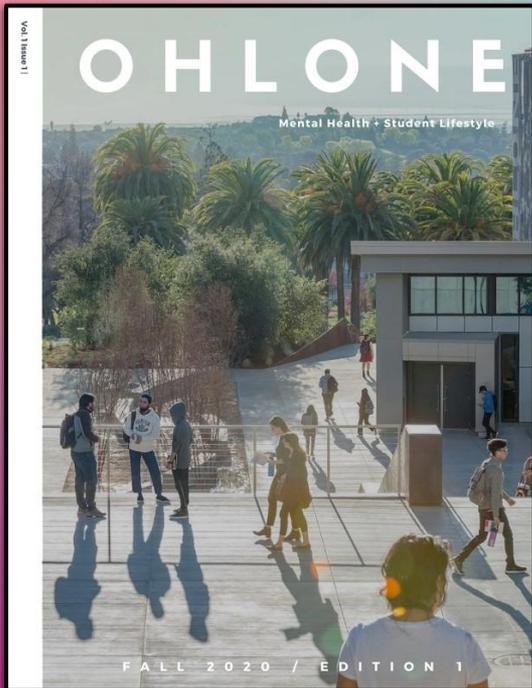
- *Student Updates*
- *Wellness Resources*
- *Events*
- *Positivity*



Stay connected. Stay well.



For more information, text: "ohlonewellness" to 31996, or visit [Canvas](#) or our [Social Media](#)



VIRTUAL MAGAZINE

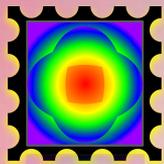


- *Meet the Faculty!*
 - *Featured Student Athletes and Student Artists*
 - *Anonymous Advice Columns*
 - *Positive Health Trends*
 - *Exclusive Offers*
- ...and much more!



For the students. By the students.

For more information, text: "ohlonewellness" to 31996, or visit [Canvas](#) or our [Social Media](#)



ART GALLERY

Submit an entry by **November 1**
to enter our **Gift Card Opportunity Drawing**

Share Your
ART

- Paintings/Drawings
- Poetry/Short Story
- Music
- Digital Art
- Sculptures

...anything creative!

We will feature **YOUR ART**
on our
social media platforms!

SEND your submissions to:

 [**studenthealth@ohlone.edu**](mailto:studenthealth@ohlone.edu)



Yona Lo
Psychology



Erica Fernandez
Feminist Studies



Noor Kaur
Biology



Samuel Di Gregorio
Computer Science

Life is beautiful.

For more information, text: "ohlonewellness" to 31996, or visit [Canvas](#) or our [Social Media](#)



GAME NIGHT

Casual online gaming

Hosted by:

Every other **Thursday**
@**7pm**
beginning **September 10**
on **Zoom**

- Opening Night: [Psych!](#)
- Discover new games
- Planned activities
- Win prizes!



Let's have some fun!



Alyssa Johnson
Pre-nursing



Carissa Samuel
Biology

For more information, text: "ohlonewellness" to 31996, or visit [Canvas](#) or our [Social Media](#)



CHILL AND CHAT

Rotating topics!

Come hang out with us!

Every other **Thursday**

@**4pm**

beginning **September 17**

on **Zoom**



Caroline Cardenas
Mental Health Intern



Yona Lo
Psychology



Carissa Samuel
Biology



Christine Liu
Psychology



Samuel Di Gregorio
Computer Science

Social connection. No judgments.



FOLLOW US!



Student Health Center

Stay up to date on our Events!



@stepupohlone

@ohlonestudenthealth



/stepupohlone



@healthohlone



<https://stepupohlone.org/>



Visit our website!



CONTACT



OHLONE
COLLEGE

Student Health Center



studenthealth@ohlone.edu



[510-659-6258](tel:510-659-6258)



www.ohlone.edu/healthcenter

*Make an **appointment.***

We are here for you.



OHLONE
COLLEGE

Student Health Center



THANK YOU!



Student Health Center

"If you want to go fast, go alone. If you want to go far, go together."

-African proverb

