Emmons
WELLNESS CENTER

MENTAL HEALTH CARE @ OXY

1 EMMONS COUNSELING

- Short-term therapy model
- Services are confidential, free, and open to all Oxy students
- Therapists can help connect you to longer-term and/or specialized care if needed

To get connected to any of the confidential services at Emmons, call (323) 259-2657 or email emmons@oxy.edu.

2 TIMELYCARE APP

- A medical and mental health platform offered to all Oxy students free-of-charge
- Up to **12 scheduled counseling visits** per academic year
- Confidential services & your insurance is not billed
- TimelyCare also offers **24/7, on-demand mental health support** through its TalkNow feature

Download TimelyCare here!

3 OFF-CAMPUS THERAPY

- Longer-term therapy, weekly sessions, and/or sessions over school breaks
- See a therapist with a certain specialty, expertise, or identity

NEED HELP NAVIGATING RESOURCES?

Check out the information and resources on our website by scanning here!

CRISIS RESOURCES

Emmons Walk In Hours

- Emmons Counseling has walk-in hours Monday- Friday from 1 pm to 3 pm
- Call a head or just walk in; it's up to you!

Mental Health Crisis Line

- If you or anyone you know are having a mental health crisis, **call Oxy's 24/7 crisis line at (323) 341-4141** to speak to a licensed mental health clinician
- Crisis line counselors respond in 3-5 mins & will assess for safety first

TimelyCare App

- The TalkNow feature connects students to a licensed therapist within 5 minutes via text, phone or video & is available 24/7

More crisis resources here:

www.oxy.edu/emmons