

# EMMONS HEALTH PROMOTION MENTAL HEALTH CARE PACKAGE

## BACK-TO-SCHOOL AFFIRMATIONS

"I belong here."  
"My voice is important. I matter to this community."  
"I deserve ease and refuge when things are overwhelming."  
"I am doing my best."  
"I contain innate resilience. I am getting through."  
"I am not alone in this experience."  
"I accept myself as I am."  
"I honor what my body is telling me. I deserve rest."

## ACCESSING MENTAL HEALTH SUPPORT AT OXY

There are many options if you are having a hard time and want to speak with someone.



### 1 EMMONS COUNSELING

Emmons offers short-term therapy using a brief intervention model. Our therapists are skilled clinicians with a variety of expertise. Services are confidential, free-of-charge, 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](mailto:emmons@oxy.edu).

Download  
TimelyCare  
here!



### 2 TIMELYCARE

TimelyCare is a medical and mental health platform offered to all Oxy students free-of-charge, regardless of insurance. It offers up to **12 scheduled counseling visits** per academic year. You can select the day, time, and mental health provider of your choice. Services are confidential and your insurance is not billed. TimelyCare also offers **24/7, on-demand mental health support** through its TalkNow feature.



### 3 OFF-CAMPUS THERAPY

There are many reasons to connect to off-campus therapy. You want longer-term therapy, weekly sessions, and/or sessions over school breaks. You may want to see a therapist with a certain specialty or identity. See the next page for how to start connecting to off-campus therapy!

## WHAT IS SELF-COMPASSION?

"Self-compassion entails being warm and understanding toward ourselves when we suffer, fail, or feel inadequate, rather than ignoring our pain or flagellating ourselves with self-criticism. ...Self-compassion involves recognizing that suffering and personal inadequacy is part of the shared human experience."

-Dr. Kristin Neff



Explore self-compassion meditations and exercises!



## IS MY MENTAL HEALTH CARE CONFIDENTIAL?

Even if you are on your parents' insurance, your parents **cannot access your medical or mental health records without written consent from you** (nor can anyone else!). Emmons Counseling and TimelyCare **do not bill insurance**. If you are on your parents' insurance and find a covered off-campus provider, your parents **will** be able to see what services are being billed for and when, but not the content of your sessions. Visit the [Navigating Care at Oxy](#) webpage for tips on keeping your care private.

### Emmons Walk In Hours

Emmons Counseling has walk-in hours Monday through Friday from 1 pm to 3 pm. Call ahead or just walk in; it's up to you.

### Mental Health Crisis Line

If you, a friend, or a classmate are having a mental health crisis, you can call Oxy's 24/7 crisis line at **(323) 341-4141** to speak to a licensed mental health clinician. Crisis line counselors will first assess for safety and then are available for talk support or to respond to a mental health emergency. Counselors respond in 3-5 minutes.

### TimelyCare App

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

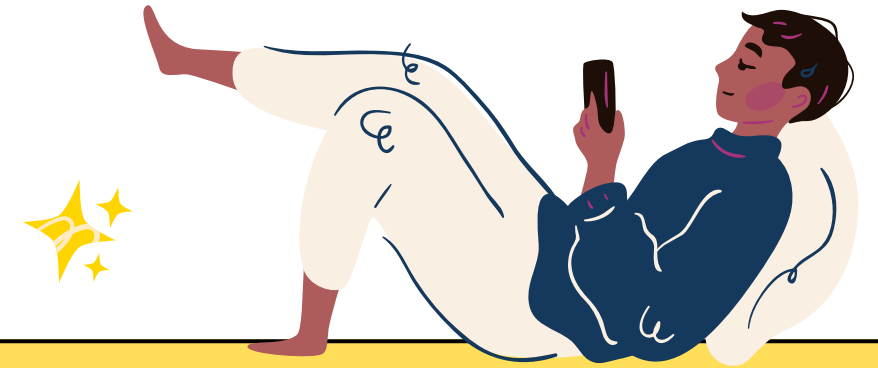
## HOW TO CONNECT TO



# OFF-CAMPUS THERAPY



Do you want longer-term therapy, weekly sessions, and/or sessions over school breaks? Do you want to see a therapist with a certain specialty or identity? There are many reasons to connect to off-campus therapy. Here's how to start!



## 1 IDENTIFY YOUR HEALTH INSURANCE

All enrolled students have health insurance—either the [Oxy Student Health Insurance Plan \(Aetna\)](#) or another private insurance source, usually through your parents. If you're not sure of your insurance carrier, reach out to Emmons at [emmons@oxy.edu](mailto:emmons@oxy.edu).

## 2 FIND OUT THE COST OF MENTAL HEALTH SERVICES

Call your insurance provider or login to your insurance's web portal to see your plan details. You can call your insurance and ask them to explain your mental health benefits and your out-of-pocket costs for talk therapy.

## 3 CONSIDER IN-PERSON OR TELEHEALTH

There are pros and cons to both telehealth and in-person therapy sessions. Some therapists offer both. Consider if you have the means or time to get off campus, or if you can access private space for telehealth sessions.



## 4 SEARCH FOR A THERAPIST



Search [PsychologyToday.com's therapist finder](https://www.psychologytoday.com) or another directory such as [Latinx Therapy](#), [Alma](#), [Clinicians of Color](#), or Los Angeles-specific [Zen Care](#), and filter by your insurance and in-person or telehealth. Look for people with LCSW, LMFT, Psy.D, LP, or LPCC credentials.

## 5 SCHEDULE CONSULTATIONS

You can schedule free consultations with therapists to see if they are a good fit. Feel free to schedule multiple sessions to look around.



Check out Emmons for more info!



**Emmons**  
WELLNESS CENTER



# CREATING A SELF CARE PLAN

## SELF-SOOTHING VS. SELF-CARE

### Self soothing is...

Reactive and short term, providing immediate relief from stress.

- Getting yourself a treat
- Scrolling on social media
- Watching a show
- Doing a deep breathing exercise

### Self care is...

Long-term and complex, focused on taking care of future you.

- Intentional and deliberate
- Resilience-oriented
- Not always "fun"
- Focuses on long-term needs

BOTH ARE IMPORTANT!



## SELF-CARE: MORE THAN JUST "TREAT YOURSELF"

The term "self-care" gets thrown around a lot. But what does it really mean? Use these questions to guide you in creating your own self-care plan.

### REST: MORE THAN SLEEP

Examples: No screen time before bed, creating a soothing living space, breathing exercises/meditation, hot bath or shower. What do you do to rest?



## RESTORE: WHAT FILLS YOUR CUP?

Examples: Hanging out with friends, making a meal, praying, journaling, creating art, volunteering/organizing work, exercise. What do you do to restore?

## CARE: THE NOT-SO-FUN STUFF

Examples: Going grocery shopping, seeking medical care when needed, doing laundry, cleaning your living space, taking medications consistently, exercise. What care tasks do you do for yourself to be kind to future you?

## WHAT IS RESILIENCE?

Resilience is the ability to bounce back when things are hard.

We all have innate resilience, and caring for ourselves helps us build even stronger resilience for when things get really tough.

Community resilience is the ability of a community to use its available resources to persist through and recover from hardships. When we care for ourselves, we make our communities stronger!



## RESOURCES

### The Nap Ministry

"Rest is a form of resistance because it disrupts and pushes back against capitalism and white supremacy."

-The Nap Ministry



More about rest as resistance here

### The Mindful Awareness Resource Center

Mindfulness is "paying attention to present-moment experiences with openness, curiosity, and a willingness to be with what is." It has many benefits, including reducing symptoms of stress and anxiety. Anyone can try and benefit from mindfulness.



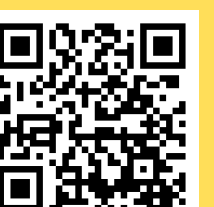
Download free guided meditations here

### Struggle Care

"Care tasks describes any task, chore, or errand that is required to care for self and keep life going....Care tasks are functional, not moral."

-Struggle Care

More on rethinking chores as morally neutral



# OXY STUDENT WELL-BEING RESOURCES

## CRISIS SERVICES

If you or another student are in crisis and need to speak to a licensed mental health professional, call the **Oxy Crisis Line** at (323) 341-4141, available 24/7. You can also access immediate mental health support via **TimelyCare's TalkNow** function—download the app before you need it! If you or another student are in a life-threatening health or safety emergency, call **911 and/or Campus Safety** at (323) 259-2599. If you're worried about a fellow student, but it's not an emergency, you can let the **CARE team** know.

## CLINICAL CARE & DIRECT SERVICES

Visit **Emmons Medical** for routine or urgent health care, or visit **Emmons Counseling** for confidential, short-term therapy & walk-in services. Download **TimelyCare** for free virtual urgent & routine health visits, on-demand mental health support, and short-term virtual therapy. **Project SAFE** offers confidential advocacy services for people who have experienced sexual or relationship violence, harassment or exploitation. The **Office of Religious & Spiritual Life** also offers confidential support if you need to speak to someone.

## SELF-HELP & EDUCATION RESOURCES

Learn skills to care for yourself and your community with events and workshops through **Project SAFE**, the **ICC**, **REHS**, and **Emmons**. Check out **TimelyCare** for free well-being resources like virtual yoga & meditation.

## HEALTH, WELL-BEING & BELONGING AT OXY

Find your people and explore your community on campus & beyond! Oxy offers a wealth of student clubs & campus events through **SLICE**; athletic facilities & classes through **Athletics**; programs, events & community in **Residential Education**; belonging & support at **ICC**; spiritual community at the **Office of Religious & Spiritual Life**; art & experiences at **OxyArts**; gardening and sustainability at **FEAST**; and food, culture, nature, art, music, & beyond in Eagle Rock & **greater LA**.

## HEALTH PROMOTION PROGRAM DROP-IN HOURS

**Chat about health & well-being resources!**

Laura Fettig, MSW

Health Promotion Specialist

**Thursdays from 1 pm to 3 pm**

*\*starting August 31*

In the JSC, room 135D (by SLICE)



### Our staff can help with:

- Connecting to health or mental health resources at Oxy
- A warm referral/handoff to Emmons
- Understanding how to access care off campus
- Signing up for TimelyCare
- Providing info on different health and mental health topics
- Just being a listening ear if you need to chat

