

## Tkach, Colleen

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**From:** Inform  
**Subject:** EM: Individual Drop-In Support Sessions at MCAPS

**From:** Neilson, Jess

Dear Students,

Please see information about drop-in support options next Mon-Thurs at Monsour Counseling & Psychological Services.

### UPCOMING *Support*

MCAPS is aware that the upcoming anniversary of October 7th may bring up strong emotions for students. Please know we are here to support all students. We are offering individual 30-minute drop-in support sessions at MCAPS, during the following dates and times:



- *Individual 30-minute drop-in support sessions*
- Monday, October 7 - 11:00-12:00 and 3:00-5:00
- Tuesday, October 8 - 3:00-5:00
- Thursday, October 10 - 10:00-12:00
- If you are interested in an individual support session, please call MCAPS (909-621-8202) to sign up for a time.

Please keep in mind the following additional resources:

#### Self-care suggestions:

- Talk about it – discussing your feelings with friends and loved ones can help you feel less alone. Of course, use your judgment about who is likely to be supportive. When you are feeling vulnerable or stressed, it is generally not a good time to engage with those who are likely to invalidate your experiences or feelings.
- Get regular sleep, as well as ‘down-time’ to rest and recuperate.
- Strive to get some form of physical exercise and eat in a balanced and healthy way. Treat your body with extra kindness.
- Practice deep breathing or other forms of relaxation.
- Pay attention to how news sources and social media may be impacting you. Balance staying informed with taking intentional breaks, as needed.

Crisis support via telephone is available to all SC students, 24/7. To access this service, please call us at 909-621-8202, and press “1” to be connected to an on-call therapist.

Students at the TCs have access to immediate support via Talk Now within the TimelyCare app (use your SSO to log in), as well as up to 12 scheduled counseling sessions.

#### Additional support resources:

- Chaplains (McAlister): <https://services.claremont.edu/chaplains/>
- National Crisis Hotline: 988
- Didi Hirsch 24-hour Crisis Line: 1-877-727-4747 (for Spanish, dial 1-800-628-9454)
- LGBTQ – The Trevor Lifeline: 1-866-488-7386
- Trans Crisis Line: 1-877-565-8860
- Crisis Text Line: Text HELLO to 741-741
- Students of Color Crisis Text Line: Text STEVE to 741-741

<https://services.claremont.edu/mcaps/>