



ohlone
COLLEGE

Student Health Center

STEP UP
ohlone



Student Health Center

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



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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

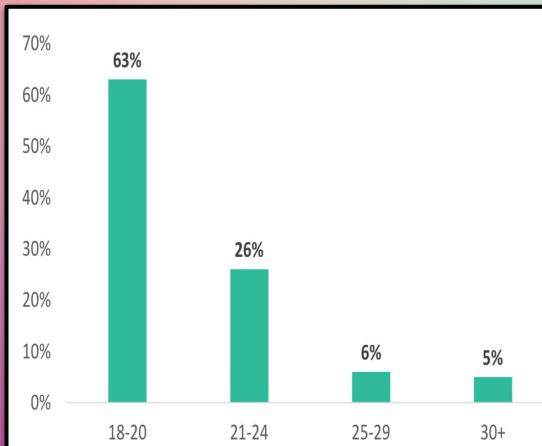


- We are all human. It's okay to feel emotions.
- Even though it's invisible, your mental health is important.
- A healthy mindset will help improve other areas in your life.
- The *Student Health Center* has resources for you.
- We will not judge you.
- We are a community, and we are here to support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

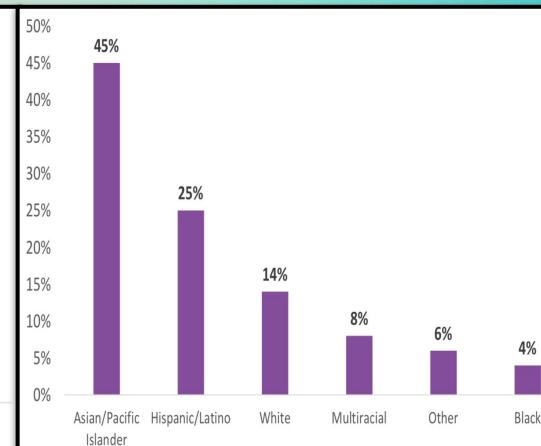
SURVEY

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

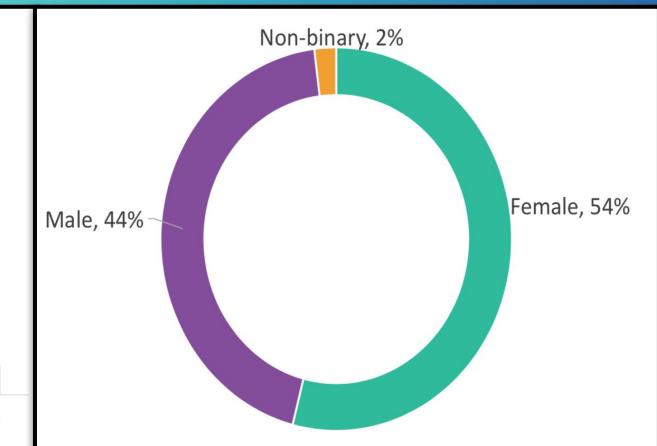
- 70k+ student participants
- 559 students from Ohlone



AGE



ETHNICITY

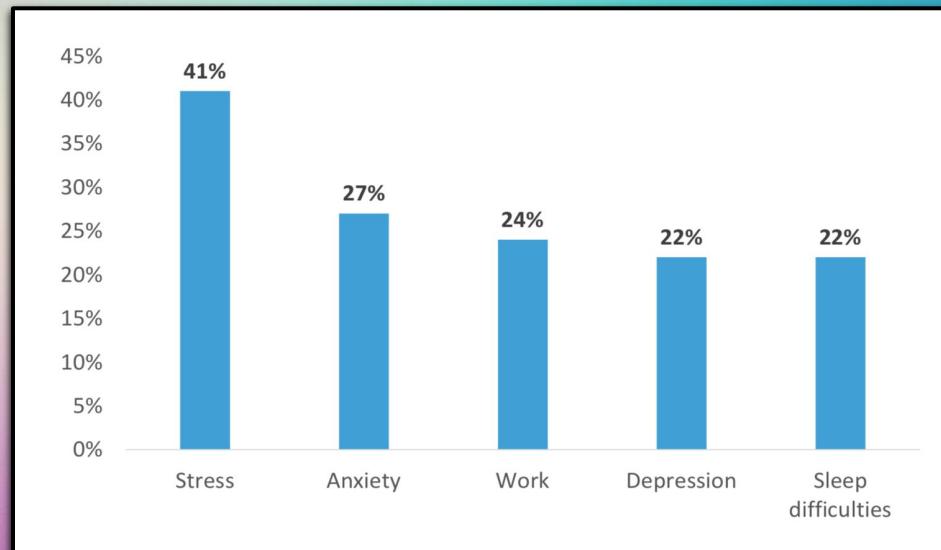


GENDER

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

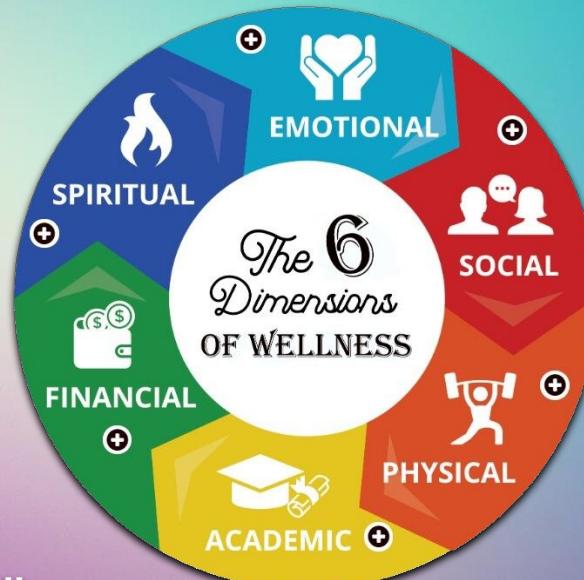
Sometimes, you don't know where to start

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

...when things
seem overwhelming...

...just reach out,
because...

...we are here
to help...



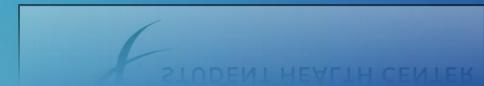


SERVICES

MEDICAL
PHYSICAL
EMOTIONAL

*Welcome to the
Ohlone Student Health Center*

*There are a variety of services
available to you*





SERVICES

MEDICAL
PHYSICAL
EMOTIONAL

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



Student Health Center



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

SERVICES

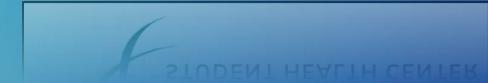
- ***Mental Health Counseling***
 - ***Depression***
 - ***Anxiety***
 - ***Grief / Loss***
- ***Life Coaching***
 - ***Managing Time and Stress***
 - ***Relationships***

We have a counselor fluent in ASL

All of these are already available to you as a student



Student Health Center

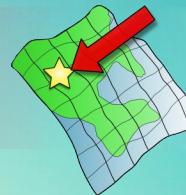


LOCATION

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

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



Student Health Center

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



Student Health Center

at-risk

For Students:

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

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

Run time: (2:23)



California
Community
Colleges
COLLEGES

Free for Community College
students!

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



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





RESOURCES



Student Health Center



Wellness Central

Wellness is central to a happy life.



California
Community
Colleges

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



Student Health Center

Wellness is only a few clicks away

English Learning Center Tutoring

Learning Center Tutoring

ohlone

OHLC

Courses

English Learning Center Tutoring
Math Learning Center Tutoring
Ohlone Student Health Center
Tutoring Center

All Courses

Welcome to your courses! To customize the list of courses, click on the "All Courses" link and star the courses to display.

"Join" button from the left course navigation bar. Select it if you want to attend and click "Join". If you do not see the "Join" button, the tutoring center is open.

English Learning Center Tutoring

English Learning Center Tutoring

ohlone

OHLC

Home
Announcements
Files
Modules
ConferZoom
Chat
NetTutor
Starfish
Pisces
Wellness Central

We're here to help.

Select the "ConferZoom" button from the left course navigation bar. Find the session that you want to attend and click "Join". If you do not see the "Join" button, the tutoring center is open.

Wellness Central

ohlone.instructure.com/courses/12863

OHLC

Account
Dashboard
Courses
Calendar
Inbox
Studio
Help

Wellness Central

Home
Modules
ConferZoom
McGraw Hill Campus
NetTutor
Quest for Online
McGraw-Hill Connect
Library
Starfish
Badges
Piazza
Office 365
Wellness Central

Wellness Central: Your Space at Your Pace

YOUR SPACE & YOUR PACE.

Wellness Central

If you believe you need immediate assistance please contact 9-1-1, the Crisis Text Line TEXT: COURAGE TO: 741741 or contact your campus or local health providers.

Welcome to Wellness Central! This is a free health and wellness resource created especially for California Community College students. This resource is here for you to access in your space at your pace!

Your health is important and is connected to your ability to succeed as a student. We know that when you pay attention to your health, you are more likely to successfully complete your classes, receive the grades you desire, progress to the next semester and move smoothly on to graduation!

Your success in college depends on good health!

Wellness Central is not intended to replace professional medical advice regarding a specific medical condition or question. The resources and health information in these modules are intended to provide guidance and connect you to professional health care providers.

Feeling overwhelmed?
Help is just a text away
Text COURAGE TO 741741
FREE, 24/7, CONFIDENTIAL
crisis text line |

SELECT

ANY COURSE



SELECT

WELLNESS CENTRAL



BE WELL!



VIRTUAL YOGA



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>

ALL LEVELS WELCOME!



NO EXPERIENCE



BEGINNER



INTERMEDIATE



ADVANCED

Led By:

*Melanie
Fernandez*

FREE

for Ohlone students, staff, and faculty!



PODCAST



Student Health Center

The graphic features a yellow rectangular card with a microphone icon and the text "note to self". Below it, it says "Podcast Hosted by: Student Wellness Ambassadors". At the bottom, it reads "Ohlone Students GET REAL about LIFE, COLLEGE, & TAKING CARE of OURSELVES & EACH OTHER".

Episodes are in production!
Listen on:



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



Andrew Kreiss
Communications
Advisor



Carissa Samuel
Biology



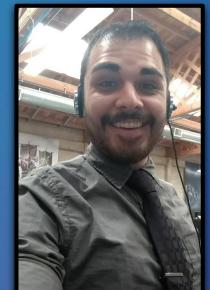
Erica Fernandez
Feminist Studies



Jacob Vasco
Psychology



Setareh Tehrani
Biology



Samuel Di Gregorio
Computer Science



TEXT LINE



Text: “*ohlonewellness*” to 31996



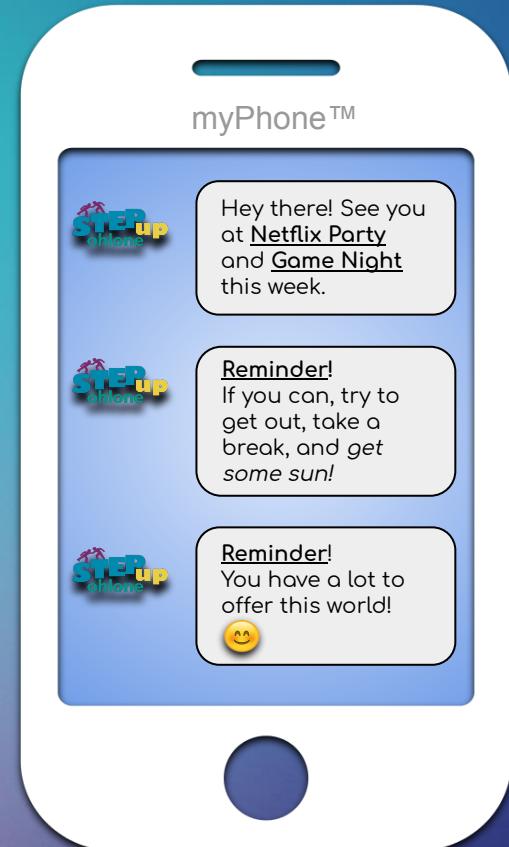
ohlone
WELLNESS TEXT
MESSAGING
PROGRAM

Text Ohlonewellness to
31996 for wellness
information and event
updates



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

Stay connected. Stay well.





PUBLISHING



Student Health Center

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.

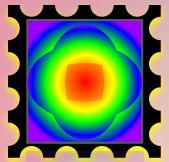


EVENTS



Student Health Center

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



We will feature **YOUR ART**

on our

social media platforms!

SEND your submissions to:



studenthealth@ohlone.edu

ART GALLERY

Share Your
ART

- Paintings/Drawings
 - Poetry/Short Story
 - Music
 - Digital Art
 - Sculptures
- ...anything creative!



Yona Lo
Psychology



Erica Fernandez
Feminist Studies



Noor Kaur
Biology



Samuel Di Gregorio
Computer Science

Life is beautiful.

EVENTS

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



Every other **Thursday**

@**7pm**

beginning **September 10**

on **Zoom**



Let's have some fun!

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



Casual online gaming

Hosted by:



Alyssa Johnson
Pre-nursing



Carissa Samuel
Biology



EVENTS



Student Health Center

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



Every other **Thursday**

@**4pm**

beginning **September 17**

on **Zoom**

CHILL AND CHAT

Rotating topics!

Come hang out with us!



Caroline Cardenas
Mental Health Intern



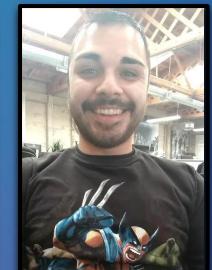
Yona Lo
Psychology



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



Student Health Center



studenthealth@ohlone.edu



510-659-6258



www.ohlone.edu/healthcenter

*Make an **appointment**.*

We are here for you.



Student Health Center



THANK YOU!



“If you want to go fast, go alone. If you want to go far, go together.”

-African proverb

