HOLISTIC WELLNESS

CSUMB provides students a variety of resources and on campus supports to overcome challenges, build resilience, and thrive at the University and beyond. Health & Wellness Services encourages students to utilize this framework to identify the service departments able to support their overall mental health and wellbeing.

Steps to Approach Mental Health and Wellness:

[1: Practice Self-Care](#_213zl1gxk7md)

[2: Build Community](#_796p2bz0j01u)

[3: Develop Skills](#_x5o809kyxbgy)

[4: Talk about Concerns](#_u3tmsbm2xqyf)

[5: Utilize Resources](#_f4jfd5gszenc)

[6: Accept Support](#_vzqlkxuxtkk3)

[7: Seek Help](#_m9byrxslrckz)

# 1: Practice Self-Care

* Engage in journaling, meditation, and mindfulness
* Include movement in your daily routine
* Uninterrupted sleep for 7–8 hours each night
* Eat a balanced diet, including an appropriate amount of water based on your body's needs
* Develop a deeper sense of self-awareness through the use of [You@CSUMB](http://you.csumb.edu/) or by exploring [Soluna](https://solunaapp.com), a free mental health app and website

# 2: Build Community

* Join a student organization through [MyRaft](https://myraft.csumb.edu/home_login)
* Participate in [Intramural Sports & Club Sports](https://csumb.edu/recreation/)
* Build connections through [volunteerism and service](https://csumb.edu/service/)
* Attend an [Otter Student Union](https://csumb.edu/osu/) community event
* Explore mentorship opportunities, [research](https://csumb.edu/uroc/), and [campus employment](https://csumb.edu/career/)
* Connect with [Student Affinity Centers](https://csumb.edu/student-affinity-centers/) that align with your identity, experience, and cultural traditions
* Connect with the [Transfer Student Success Center](https://csumb.edu/transfercenter/)

# 3: Develop Skills

* Seek out [Mental Health Training](https://csumb.edu/pgcc/otter-care-/) opportunities: Mental Health First Aid (MHFA), Question Persuade Refer (QPR)
* Participate in diversity, cross-culturalism, and social justice workshops through [NCBI](https://csumb.edu/pgcc/ncbi/) and [OC3](https://csumb.edu/oc3/)
* Attend [Cooperative Learning Center Programs](https://csumb.edu/clc/) or Personal Growth and Counseling Center [Workshops](https://csumb.edu/pgcc/groups/)
* Develop leadership and interpersonal skills through [Student Engagement and Leadership Development](https://csumb.edu/seld/)

# 4: Talk about Concerns

* Talk to a friend, family member, faculty, mentor or other trusted individual
* Engage with a peer like a [Power Peer Educator](https://csumb.edu/health/wellness-programs/) or a [Residential Advisor](https://csumb.edu/housing/contact-ra/)
* Talk with a counselor through [Let’s Talk](https://csumb.edu/pgcc/lets-talk/) drop in confidential consultations
* Consult with your [Academic Advisors](https://csumb.edu/advising/)
* Share your concerns with [Associated Students](https://csumb.edu/as/)

# 5: Utilize Resources

* [Counseling Services](https://csumb.edu/pgcc/): Individual and group counseling, wellness workshops
* [Health Center](http://csumb.edu/health): Meet with a medical provider regarding health-related concerns
* [Student Disability & Accessibility Center](https://csumb.edu/sdr/): Advisors can support accommodation needs

# 6: Accept Support

* [Crisis Counseling](https://csumb.edu/pgcc/) – schedule by calling 831-582-3969
* [Care Manager](https://csumb.edu/studentlife/care-team/) & [Basic Needs](https://csumb.edu/basicneeds/): 831-582-4081
* Dean’s Office in your College
* [Campus Advocate](https://csumb.edu/campusadvocate/): 831-402-9477

# 7: Seek Help

* 24/7 Help Line: 831-582-3969
* Crisis Text Line: Text HOME to 741741
* Suicide Prevention Lifeline: 988
* Go to your nearest Emergency Room or call 911

Find all CSUMB student resources and contact information at: [www.csumb.edu/help/campus-resources](http://www.csumb.edu/help/campus-resources)

Student Crisis Response

Use this guide to identify the best resource to support students in crisis or needing mental health support.

Resources to Respond to a Crisis:

[Counseling Services](#_lv03rgu2ooi)

[Monterey County Mobile Crisis Response Team](#_lxzzvrxezbiv)

[University Police](#_uayukdjikk7)

[Additional Resources](#_selkj3295ltp)

# **Counseling Services**

Call counseling services at 831-582-3969 when:

* The situation is stable and the student poses no imminent danger to self or others.
* Student has thoughts of harm to themselves or others.
* Student is interested in additional support, including safety planning and resources.
* You are unsure of what support is needed.

Tell the student: “The PGCC line is available to support you 24/7. In person and virtual services are available M-F 8:30 a.m.-4:30 p.m.”

# **Monterey County Mobile Crisis Response Team**

Call Monterey County Mobile Crisis Response Team at 831-687-4379 when:

* Student is in visible distress, but no active danger is present.
* Student is expressing strong suicidal thoughts.
* Student has a plan to end their life.
* Student may qualify for an involuntary mental health hold (unable to care for self, intensifying thoughts of suicide or homicide with plan and intention).

Tell the student: “Whenever MCRT is contacted, UPD is informed but does not typically accompany the response.”

# **University Police**

Call the University Police at 911 or 831-655-0268 when:

* Situation poses imminent danger for student or community; intensifying suicidal or homicidal thoughts.
* Weapons are present.
* Student is displaying aggression or hostility.
* Student is intoxicated and unable to care for themselves.
* Student has medical concerns.

Tell the student: “Support has been contacted and they are on their way.”

# **Additional Resources**

* Online Wellness Platform [you.csumb.edu](http://you.csumb.edu)
* Behavioral Health Crisis Team: 888-258-6029
* Suicide Prevention Lifeline: 988
* Crisis Text Support Line: Text "Help" to 741-741
* United Way Monterey County: Text "Hope" 831-215-3342