

Newsletter

Hello Fellow Otters! I think it's important to acknowledge the feelings of stress, uncertainty, and anxiety surrounding many students, while reminding everyone of some of the resources available to you! I want to start by reminding everyone CSUMB is a safe space for students of all Race, Gender, Ethnicities, Sex, Ability, Age, Income and Beliefs and is a place to uplift student voices and experiences.

Some Important Mental Health Related Resources Available to You as a Student at CSUMB for No Cost Include:

[The Personal Growth and Counseling Center](#), A space set for students to destress, work through things, set goals, get group and individual support and promote the mental health of CSUMB students in order to improve the quality of their lives and aid them in achieving academic success. We are committed to the development of the whole person: academically, personally, socially, spiritually, and physically. **Walk In Counseling Offered 1pm-4pm Monday Through Thursday for First Time Students with the PGCC and Those in Crisis.** If you need after hours support calling the regular hours number 831-582-3969 will link you to a Crisis Counselor who can have the PGCC follow up with you during regular hours.

Need Support?

Student Wellness
Counseling: 831-582-3969
Basic Needs: 831-582-3511
Health: 831-582-3965

Crisis Intervention
Monterey County: 888-258-6029
Police: 911 or 831-655-0268
National Lifeline: 988



Cal State
Monterey Bay

[The Basic Needs Office](#) (Hey that's Us), A space for students to be successful by ensuring their basic needs are met through resources, access and advocacy. Whether this comes from dropping by the The Hub to grab extra personal care supplies or staple food items, Signing up for monthly farmer's market vouchers, or monthly food boxes that can be delivered to east campus. If you need help or want to reach out for someone else filling out a basic needs referral form at [Referral Link For Basic Needs](#) and Meeting with a Care Manager to Figure out how we can help you in your situation, no judgment, whatever it may be. Office Hours 9-4pm Monday to Friday or via email at [CSUMB Basic Needs](#) .



FALL 2024 HUB HABITS

UP TO FIVE FOOD ITEMS, SIX IF YOU BRING YOUR OWN BAG

2 OF THOSE ITEMS CAN BE FROM THE FRIDGE AND FREEZER

NO DUPLICATES PLEASE!

THE THRIFT CORNER AND THE HYGIENE AND HEALTH SHELVES ARE ALWAYS UNLIMITED!
For any individual needs, please ask the Basic Needs Student Assistants at the Hub desk.

Everyday we will close for 30 min - 1 hr anytime from 10:00AM - 12:00PM to process donations

Student Disability and

Accommodation Center, CSUMB's Student Disability and Accessibility Center (SDAC) assists students with gaining access to university programs and services such as accommodations for academic courses, housing and a variety of assistive technologies.

SDAC Advisors support students in registering, authorizing accommodations, advising on procedures and are able to refer students to on and off campus departments. SDAC does not require a permanent disability for you to get an accommodation, as everyone's situation is unique. Sometimes situations arise and when that time comes, SDAC is here to help you! If you are feeling stressed and overwhelmed, and feel that classes are overwhelming you, I encourage you to reach out to see what SDAC can do for you! Hours are Monday through Friday 9:00am - 1:00pm and 2:00pm - 5:00pm, (831) 582-3672 or email them directly at [Student Disability and Accessibility Center](#).

HOLISTIC APPROACH TO WELLNESS

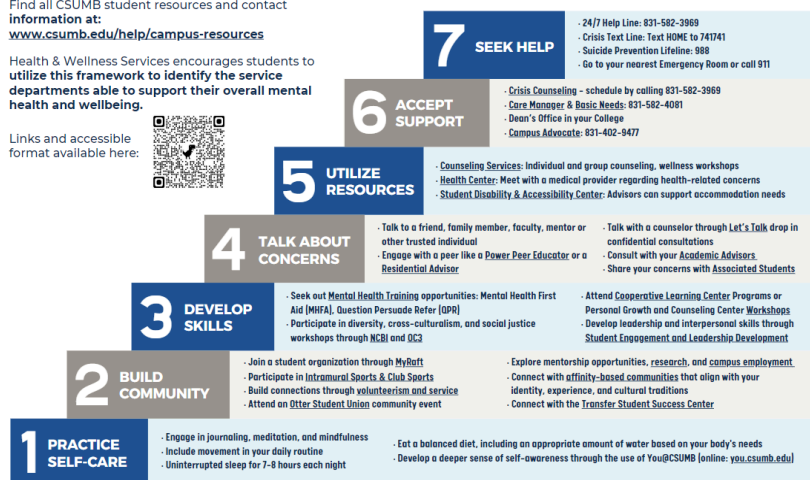


CSUMB provides students a variety of resources and on campus supports to overcome challenges, build resilience, and thrive at the University and beyond.

Find all CSUMB student resources and contact information at:
www.csumb.edu/help/campus-resources

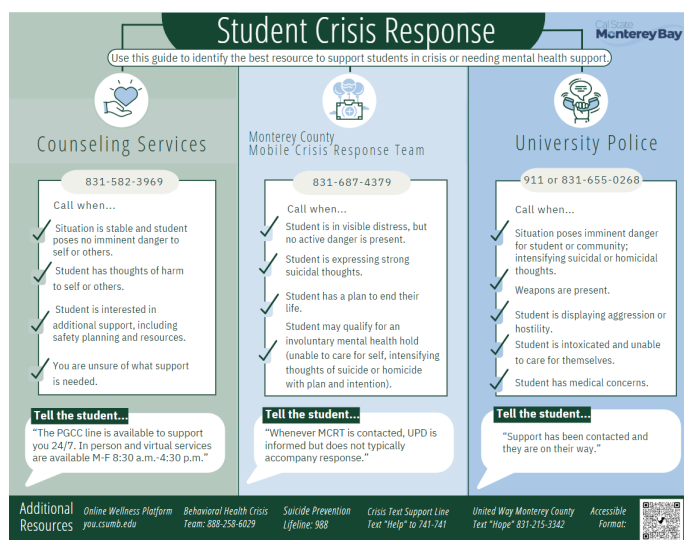
Health & Wellness Services encourages students to utilize this framework to identify the service departments able to support their overall mental health and wellbeing.

Links and accessible format available here:



Adapted From: https://udayton.edu/studev/health_wellness/step-care-model-march2020.pdf

University Police Department, With the goal of trying to bring a safe environment to campus and improving overall student safety, The Night Walk Service provides escorts between main campus locations to anyone regardless of their affiliation with CSUMB. **Escorts will be provided on foot and are available 24 hours a day, seven days a week.** The service is provided by CSO's Monday through Friday evenings from 6:30 pm to midnight during the Fall and Spring semesters, and police officers during the times CSO's are not staffed. **Call 831-655-0268 to request a Night Walk.** In cases of Emergency or Crisis any blue light phone is a direct line 24 hours a day, one button away from calling for assistance.



I would like to also Include the current Fall 24' Personal Growth and Counseling Groups and Workshop Offerings and their Descriptions Down Below.

LGBTQ + Support Group

Wednesdays 3:30 - 5 p.m., Start date September 25, 2024

This mixed graduate and undergraduate group is for students who identify as sexual or gender minorities. This includes those who identify as Lesbian, Gay, Bisexual, Questioning, Queer and other sexual minority identities. As well as those who identify Trans and gender nonconforming individuals. Members build relationships with others and themselves as they learn how to incorporate and build awareness to their sexual and/or gender identities. This is a closed group and limited to LGBTQ+ community members only.

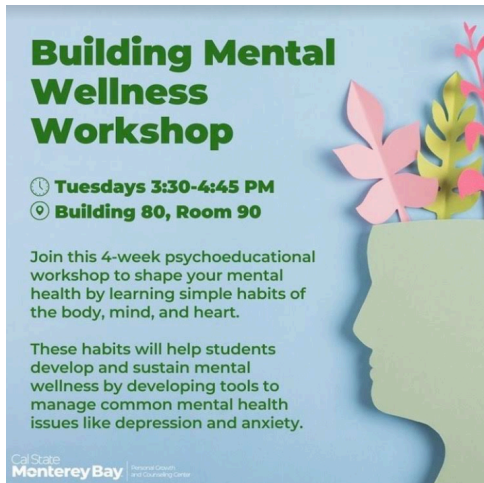
Please reach out to counseling_center@csumb.edu or 831-582-3969 should you have any questions regarding this group.

Re-imagining Relationships

Thursdays 3:30 - 5 p.m., Start date September 26, 2024

Re-imagining Relationships is a group that will discuss all types of relationships, including platonic, dating, familial, romantic, sexual, peer, etc. We will explore how we draw lines between and within these relationships, where our notions about certain relationships come from, and why we act the way we do in them. Join us in supportive conversation across a broad range of topics that will help you deepen and expand your view of relationships. Held in person at the PGCC, room 90.

Topics may include (Trigger Warning): Communication, relationship types & definitions, consent, relationship agreements, sex, attachment styles, non-monogamy/alternative relationship styles, jealousy & possessiveness, conflict styles, boundaries/deal-breakers/limits, codependency, cultural & societal messages about relationships. Please reach out to the group facilitator, Chelle Tran, at mitran@csumb.edu should you have any questions regarding this group.



Off Campus Resources	
<p>SUBSTANCE ABUSE</p> <p>California Poison Control (800) 222-1222</p> <p>National Institute on Drug Abuse Hotline (800) 662-4357</p> <p>Cocaine Anonymous (800) 347-8998</p> <p>National Helpline for Substance Abuse (800) 262-2463</p> <p>SAMHSA National Helpline for Mental Health and Substance Use (800) 662-4357</p> <p>California Smokers Helpline (800) 784-8669</p>	<p>ALCOHOL</p> <p>Alcohol Hotline (800) 331-2900</p> <p>Al-Anon for Families of Alcoholics (800) 344-2666</p> <p>Alcohol and Drug Helpline (800) 821-4357</p> <p>Alcohol Treatment Referral Hotline (800) 252-6465</p> <p>Families Anonymous (800) 736-9805</p> <p>National Council on Alcoholism and Drug Dependence Hopeline (800) 622-2255</p>

DOMESTIC VIOLENCE AND SEXUAL ASSAULT National Domestic Violence Hotline (800) 799-7233 YWCA Domestic Violence Crisis Line (831) 372-6300 Monterey County Rape Crisis Center (831) 375-4357 National Sexual Assault Hotline (800) 656-4673 Local Human Health Resource Helpline (2-1-1) 24 hours a Day	CRISIS AND SUICIDE National Hopeline Network (800) SUICIDE Suicide Prevention 1-877-ONE-LIFE (1-877-663-5433) National Suicide Prevention Lifeline (Text/call 988) The Trevor Project TrevorLifeline and Text Line (LGBTQ+ Support) (1-866-488-7386)(Text start to 678-678) LGBT National Hotline Mon-Fri 1-9pm PST, Sat 9am-2pm PST 1-888-843-4564 Trans Lifeline 2-10pm PST 7 days a Week 1-877-565-8860 Monterey County Crisis Intervention (888) 258-6029

Not Finding What You Are Looking For ?? Check out this resource list with over 131 pages!
<https://csumb.edu/media/csumb/section-editors/student-life/basic-needs/SAMs-GUIDE-2017.pdf>