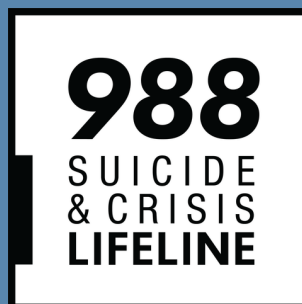


CRISIS WALK-IN HOURS:

MON - FRI: 11 AM & 1 PM

CALL 562-860-2451
EXT. 2321 (DIAL 3)

FOR AFTER
HOURS CRISIS
SUPPORT,
CALL/TEXT/
CHAT 988



Student Health Services

*SOME REASONS TO ATTEND A CRISIS
HOUR APPOINTMENT MAY INCLUDE,
BUT ARE NOT LIMITED TO:*

- THOUGHTS OF SELF-HARM
- THOUGHTS OF HARMING OTHERS
- PANIC OR EXCESSIVE ANXIETY
- EXPERIENCING OR WITNESSING A TRAUMATIC EVENT
- DEATH OF FRIEND OR FAMILY MEMBER
- EXTREME CHANGES IN MOOD
- DIFFICULTY COPING WITH INTRUSIVE THOUGHTS
- RECENT ASSAULT OR ABUSE

