

# CONNECTIONS TO CARE

## After Hours Therapy

After Hours Therapy can be accessed during moments of crisis and provides brief, solution focused support outside of business hours, during holidays, and weekends.

**559.278.2734**

## Individual Counseling

The Student Health and Counseling Center offers Free individual counseling services. Learn what to expect or fill out an interest form by visiting the link below.

**[fresnostate.edu/health/counseling](https://fresnostate.edu/health/counseling)**



## Suicide Prevention

Free Suicide Prevention training is open to all students, staff and faculty on campus. Attendees learn to recognize and respond to the warning signs of suicide and receive a certificate for participation.

**[bit.ly/FSPreventSuicide](https://bit.ly/FSPreventSuicide)**

## Crisis Care Services

Crisis Care Services are available during business hours. Completion of a brief questionnaire is required and if criteria is met, the student will be seen within one hour of arrival. Students experiencing a mental health crisis outside of business hours should call After Hours Therapy 559.278.2734, call 911, or go to Community Behavioral Health Center, 559.449.8400.

## Let's Talk

Let's Talk is a free and anonymous drop-in virtual mental health service. For more info and Zoom.

**Monday to Friday, 9 am to 4 pm**  
**[bit.ly/letstalkfs](https://bit.ly/letstalkfs)**

## Psychiatry Services

Free Psychiatry services are available for medication management. Students must meet with a provider for a referral to access psychiatry services.

## Groups and Classes

Free groups and classes address relationships, stress, anxiety, depression, body image, emotions, gender identity, provide opportunities for support, and to learn new skills.

## Center for Essential Needs

The Center for Essential Needs is a case management office on campus that helps connect students to services on and off campus. Focused on basic needs, such as housing, food security, and resources needed to succeed in college.

**To learn more, visit <https://studentaffairs.fresnostate.edu/essentialneeds>**

## The CARE Team

The CARE Team helps with students of concern and offer additional resources or support. Learn more about CARE Team services and/or Submit an online referral here.

**[fresnostate.edu/care](https://fresnostate.edu/care)**

# THERAPY GROUPS



## ANXIETY

A group about anxiety relief.

**SHCC  
IN-PERSON**

MONDAYS AT 2 P.M.  
FRIDAYS AT 10 A.M.



## HIM

A discussion group on men's issues.

**SHCC  
IN-PERSON**

THURSDAY AT 4 P.M.



## ANXIETY TOOLBOX

A 3-session group to build coping skills.

**ONLINE  
ZOOM**

FRIDAYS AT 9 A.M.  
MONDAYS 11:00 A.M.



## GRIEF GROUP

A group for students who have experienced loss due to the death of a loved one.

**SHCC  
IN-PERSON**

WEDNESDAYS AT 3:30 P.M.



## RELATIONSHIPS

Improve your relationships with others and yourself.

**ONLINE  
ZOOM**

TUESDAYS AT 5 P.M.  
FRIDAYS AT 1 P.M.



## EMOTIONALLY EXHAUSTED PERSON

A group to empower individuals to prioritize their mental health and decrease emotional exhaustion.

**SHCC  
IN-PERSON**

FRIDAYS AT 2 P.M.

## B4R

### BULLDOGS FOR RECOVERY

A secular recovery drop-in meeting for Fresno State Students only.

**LIBRARY ROOM 1222  
IN-PERSON**

FRIDAYS AT 3:30 P.M.



## TRUE COLORS

Drop-In to discuss LGBTQ+ identity and experience.

**SHCC  
IN-PERSON**

WEDNESDAYS AT 10 A.M.



## RISE

Learn skills to lift the weight of depression.

**SHCC  
IN-PERSON**

WEDNESDAYS AT 1 P.M.



## DBT GROUP

Learn acceptance and change skills to help you thrive in your daily life.

**SHCC  
IN-PERSON**

THURSDAYS AT 11 A.M.



## QUESTIONS?

All of our groups are FREE to attend, and do not require an appointment.

**CALL US  
FOR MORE INFO**

559.278.2734



## LET'S TALK

Explore what counseling is like and gain insight from a counselor on a problem or concern.

**ONLINE  
ZOOM**

BIT.LY/FSLETSTALK