

Student Health Services

Free Medical Care Urgent Care and Therapy

Low cost labs, medication and procedures

Located in
Building I-400 Room 209
(619) 388-2774

- **ASL interpreters available**
- **Therapists provide care:**
 - One to One
 - Families
 - Couples
- **Time Management**
- **Stress Reduction**
- **Crisis Management**



Free Groups to Join

- **Come As You Are**
- **Recovery From Addiction**
 - **Managing Distress**
 - **Grief**
- **Smoking Cessation**
- **Suicide Prevention**
 - **Be Calm**

