



College Resources Supporting Student Mental Health

The campus community recognizes the challenges of today's students and has developed trainings and outreach services to support student mental health and well-being. Please take a moment to review the support services listed below. Student Services and the Cuesta College's Student Mental Health Program are committed to supporting student success and in assisting you as you deal with student incidents and student well-being issues in and out of the classroom.

Campus Student Incident Response Team – S.I.R.T.

This team is comprised of Student Services leaders, Campus Police, Health Center staff and faculty members to better assist the Vice President Student Success and Support Programs and the Resolution Coordinator with the Mental Well-Being Concerns so both the reporting party and the in question have their needs met to ensure that the concern is addressed. This team meets weekly and on an as needed basis. Contact the Student Resolution Coordinator's office at (805) 546-3100 ext 3192 for more information or with questions.

Cuesta Student Health Center -

http://www.cuesta.edu/student/servs_classes/healthcntr/

San Luis Obispo Campus, Building 3100, Room 3150, (805) 546-3171

North County Campus, Building N3025, (805) 591-6200 ext. 4207

Personal Counseling Services support students in their academic success and personal development. Our services are personalized, confidential and do not transfer with academic records. Licensed Marriage and Family Therapists (M.F.T) can provide free and confidential counseling sessions. Referrals to community resources for additional counseling and mental health resources are also available.

At-Risk Online Interactive Trainings are free, accessible from any computer with Internet access with Mozilla Firefox, and can be completed in about 30 minutes. The Kognito At-Risk Online Interactive Training assist faculty and staff in learning techniques to identify and approach distressed students in order to take appropriate action.

Counseling Services – <http://www.cuesta.edu/student/counseling/>

San Luis Obispo Campus - (805) 546-3138 FAX (805) 546-3982

North County Campus - (805) 591-6241

Counselors are faculty who provide personal, academic, and career counseling services.

Counselors are available to meet with students by appointment or on a walk-in basis.

The Student Success Center - http://www.cuesta.edu/student/servs_classes/ssc/

San Luis Obispo Campus, Building 3300, (805) 546-3150

North County Campus, N3129/N3130, (805) 591-6245

► **Tutorial Services-**

http://www.cuesta.edu/student/servs_classes/ssc/tutorial_services/index.html

The Tutoring Center provides FREE drop-in and small group tutoring for a variety of subjects;
Math Drop-In Tutoring, Writing Support, Student Success Workshops.

DSPS – Disabled Student Programs and Services

http://www.cuesta.edu/student/servs_classes/dsps/

San Luis Obispo Campus, High Tech Learning Center

3300 Building, First Floor (805) 546-3148

North County Campus, Building N3100, Room N3121, (805) 591-6215

DSPS services assure access and provide accommodations for students through an interactive process and based on functional limitations of the student. DSPS provides adaptive equipment, alternate learning formats, assessment for learning disabilities, assistive technology, classroom support, instructional support and testing services.

Student Resolution Coordinator –

San Luis Obispo Campus, Building 3100, room 3172B

(805) 546-3100 ext 3192

The Resolution Coordinator provides information and support services to students and faculty who are experiencing issues that are interfering with their academic devours.

- Student complaint process
- Student incidents and well-being concerns
- Student discipline issues
- Mental health and personal issues
- Cuesta College Board policies, rules and regulations, extenuating circumstances petitions