

ONLINE SELF-HELP: TAO	ONGOING CAPS SUPPORT
<p>Create an account using your Pacific email at: https://us.taoconnect.org</p> <p>TAO is a free online self-help tools to help you cope with current stressors.</p>	<p>24/7 Therapeutic Support: As needed</p> <ul style="list-style-type: none"> 209.946.2315 x3 <i>You may have to wait on hold to speak with a therapist – do not hang up.</i>
COMMUNITY RESOURCES	<p>Call 209.946.2315 x2 to schedule any of the following:</p>
<p><u>California Warm Line</u></p> <ul style="list-style-type: none"> 855.845.7415 <p><u>Live Health Online</u></p> <ul style="list-style-type: none"> Free with Student Health Insurance http://livehealthonline.com <p><u>Thriving Campus</u></p> <ul style="list-style-type: none"> Find a therapist in the community familiar with working with college students https://pacific.thrivingcampus.com <p><u>Open Path Collective</u></p> <ul style="list-style-type: none"> Find a therapist offering services at a reduced fee https://openpathcollective.org 	<p>Wise Minds: Every Thursday 4-5pm</p> <ul style="list-style-type: none"> This is a skills based workshop that teaches tools for regulating your emotions and increasing your tolerance of distress while also touching on mindfulness skills and ways to be more effective interpersonally. <p>Mindful UOP: Every Tuesday 5-6pm</p> <ul style="list-style-type: none"> This is a weekly drop-in meditation group where you can learn and practice the skills related to mindful meditation. Meditation has been shown to help people cope with their experiences and be more present in their daily lives.
CRISIS SUPPORT	<p>Solution Sessions: As needed</p>
<p><u>24/7 Therapeutic Support</u></p> <ul style="list-style-type: none"> 209.946.2315 x3 <i>You may have to wait on hold to speak with a therapist – do not hang up.</i> <p><u>Suicide Prevention Lifeline</u></p> <ul style="list-style-type: none"> 800.273.8255 <p><u>Crisis Text Line</u></p> <ul style="list-style-type: none"> 741741 (text hello or STEVE) <p><u>Trevor Project (LGBTQ+ Support)</u></p> <ul style="list-style-type: none"> 866.488.7386 <p><u>Disaster Stress Hotline</u></p> <ul style="list-style-type: none"> 800.985.5990 	<p>Grief Sessions: As needed</p> <ul style="list-style-type: none"> Appointments to help you navigate grief and loss are available on a same-day basis. Please let the front desk know that you are seeking a grief appointment when you call.