

OXY STUDENT WELL-BEING RESOURCES

CRISIS SERVICES

If you or another student are in crisis and need to speak to a licensed mental health professional, call the **Oxy Crisis Line** at (323) 341-4141, available 24/7. You can also access immediate mental health support via **TimelyCare's TalkNow** function—download the app before you need it! If you or another student are in a life-threatening health or safety emergency, call **911 and/or Campus Safety** at (323) 259-2599. If you're worried about a fellow student, but it's not an emergency, you can let the **CARE team** know.

CLINICAL CARE & DIRECT SERVICES

Visit **Emmons Medical** for routine or urgent health care, or visit **Emmons Counseling** for confidential, short-term therapy & walk-in services. Download **TimelyCare** for free virtual urgent & routine health visits, on-demand mental health support, and short-term virtual therapy. **Project SAFE** offers confidential advocacy services for people who have experienced sexual or relationship violence, harassment or exploitation. The **Office of Religious & Spiritual Life** also offers confidential support if you need to speak to someone.

SELF-HELP & EDUCATION RESOURCES

Learn skills to care for yourself and your community with events and workshops through **Project SAFE**, the **ICC**, **REHS**, and **Emmons**. Check out **TimelyCare** for free well-being resources like virtual yoga & meditation.

HEALTH, WELL-BEING & BELONGING AT OXY

Find your people and explore your community on campus & beyond! Oxy offers a wealth of student clubs & campus events through **SLICE**; athletic facilities & classes through **Athletics**; programs, events & community in **Residential Education**; belonging & support at **ICC**; spiritual community at the **Office of Religious & Spiritual Life**; art & experiences at **OxyArts**; gardening and sustainability at **FEAST**; and food, culture, nature, art, music, & beyond in Eagle Rock & **greater LA**.