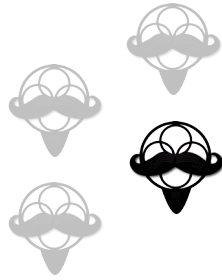




SRJC STUDENT HEALTH SERVICES






Your Success in College Depends on Good Health



1 in 4 ADULTS
in the United States will
experience a mental health
problem in a given year.

Risk Factors

There are a number of factors that have been linked to an increased risk of experiencing poor mental health, including:

-  *Previous family or personal history of mental health problems*
-  *Drug and alcohol use*
-  *Serious medical illness*
-  *Isolation or loneliness*
-  *Unemployment, homelessness, conflict or other stressful situations*

If you, or someone you know, is experiencing a mental health problem, the most important first step is to talk to someone.

Whether it's your doctor, family, friends, or an anonymous person on a support line – advice and effective tools are available.

The Sonoma County Junior College District does not discriminate on the basis of race, religious creed, color, national origin, ancestry, ethnic group identification, physical disability, mental disability, medical condition, genetic condition, marital status, sex, gender, gender identity, gender expression, genetic information or sexual orientation in any of its policies, procedures or practices; nor does the District discriminate against any employees or applicants for employment on the basis of their age. This non-discrimination policy covers admission, access and treatment in District programs and activities -- including but not limited to academic admissions, financial aid, educational services and athletics --and application for District employment. The Sonoma County Junior College District is an equal opportunity employer.

If you need accommodation for any Student Health Services events or workshops please call: 524-1595