



# Student Mental Health in Sacramento County

## Student Mental Health Program



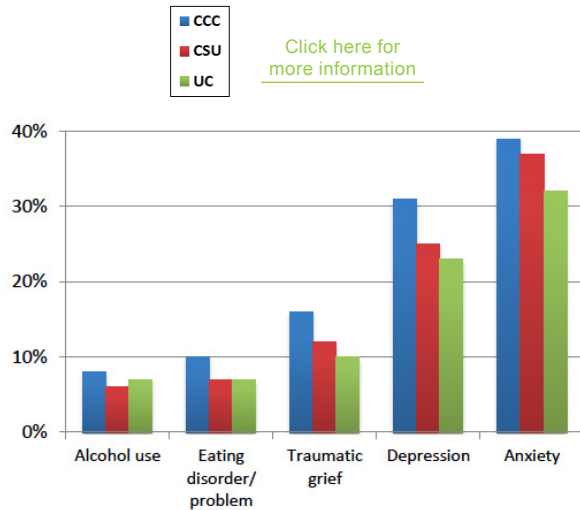
“Changing the campus conversation and culture about mental health to empower wellness.”

### California Community Colleges Student Mental Health Program (CCC SMHP)



Students from the CCC system reported consistently higher rates of impaired academic performance due to mental health issues than their counterparts in the other systems of higher education (CSU and UC).

#### Student Academic Performance by Mental Health Issue



[Click here for more information](#)

**KNOW THE SIGNS**  
Suicide Is Preventable.org

**MY3**  
SUICIDE PREVENTION

Pain Isn't Always Obvious

Statewide suicide prevention campaign built on 3 key messages: *Know the Signs. Find the Words. Reach Out.*

**Kognito** **VETERANS ON CAMPUS**

Interactive courses based on research in neuroscience, social cognition, and game mechanics.

**SAFE ZONE**

“Submit & view films about suicide prevention & mental health for and by young people.”

**THE Directing Change**  
Student Film Contest

**Campus Activities**

**Resources**

**Social Media**

**PEI**

PSAs promote and raise awareness

Click the play button to watch

#EachMindMatters  
#MentalHealth

Logos for active minds, ARC, COSUMNES RIVER COLLEGE, SACRAMENTO CITY COLLEGE, FOLSOM LAKE COLLEGE

#### Prevention and Early Intervention in Sacramento

Sacramento County mental illness stigma and discrimination reduction project which is entitled, “[Mental Illness: It's not always what you think.](#)”

Click [here](#) for Sacramento Prevention and Early Intervention Service Providers.

[The Sacramento LGBT Community Center](#): Q Spot & Lambda Lounge provides drop-in respite and support groups for LGBTQ teens and transitional youth in crisis.

[Wind Youth Services](#) provides services for homeless and transitional age youth in crisis.

[A Church for All](#): Ripple Effect provides drop-in respite for adults in crisis.

**WELLSPACE HEALTH**  
Comprehensive care since 1953

Sacramento County Suicide Prevention Hotline  
1-800-273-8255

#### California Community College Students

**2.3 million students\*** served throughout **113** California community colleges.

**30,339 veterans** and over **6,835 military active duty** (Spring 2016).  
Over **14,191 foster youth** (Spring 2016).  
DSPS supported **71,124 CCC students** with a **psychological disability** in 2016.

\*California Community Colleges Chancellor's Office - Data Mart. Retrieved September 22, 2016 from [http://datamart.cccco.edu/Services/DSPS\\_Status.aspx](http://datamart.cccco.edu/Services/DSPS_Status.aspx)

[www.cccstudentmentalhealth.org](http://www.cccstudentmentalhealth.org) **HSA CCC**  
Health Services Association  
California Community Colleges

The CCC SMHP is a partnership between the California Community Colleges Chancellor's Office (CCCCO) and the Foundation for Community Colleges (FCCC), funded by the California Mental Health Services Authority (CalMHSA), and the California voter-approved Mental Health Services Act (MHSA), Prop 63.