

Student Mental Health in San Bernardino County



Student Mental Health Program

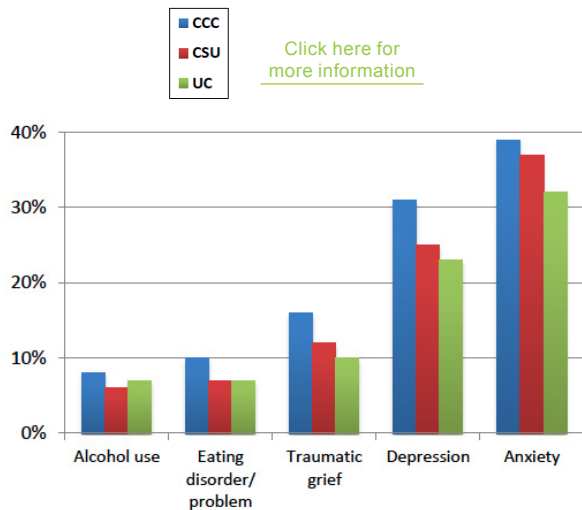


“Changing the campus conversation and culture about mental health to empower wellness.”



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



California Community College Students

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

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

California Community Colleges Student Mental Health Program (CCC SMHP)



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



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

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



San Bernardino County Suicide Prevention Hotline
1-888-743-1478



Community Education Trainings are available for you! Attend or schedule a Mental Health First Aid (MHFA) or Applied Suicide Intervention Skills Training (ASIST).

Campus Spotlight

San Bernardino Valley College: The Mind and Matter Psychology Club received a Lime Green Ribbon Partner School mini-grant of \$1,000 to reach students and faculty for Mental Health Matters Month, May 2015.



Campus Activities

Resources

Social Media

PEI

PSAs promote and raise awareness



[Click the play button to watch](#)



#EachMindMatters
#MentalHealth

Prevention and Early Intervention in San Bernardino

[Community Mental Health Crisis Services](#) including Walk-in Clinics and Mobile Response Teams are available in all regions of the county.

Military Services and Family Support Programs serves active and veteran military personnel and their families of all ages. Services available in various regions of the county (Redlands, Yucca Valley, Twenty-nine Palms, and Barstow).

Participate in [Directing Change](#) by creating a 60-second public service announcement about suicide prevention or promoting mental health awareness.

For all services or referrals, contact the Access Unit 24-hour crisis and referral hotlines at 909-386-8256 or 1-888-743-1478 or 711 for TTY users.

www.cccstudentmentalhealth.org



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.