

MENTAL HEALTH RESOURCES



[ECC Student Health Services](#)

- The ECC Student Health Services (SHS) Office provides a range of services for students to optimize mental and physical wellness. Visit the SHS website for more details and check out their [College Wellness Resources](#) page.

[ECC SHS Virtual Wellness Workshops](#)

- Live and online workshops with ECC Psychologists and Nurse Practitioners
- Workshops hosted via Zoom include:
 - Mindfulness Mondays
 - Lightening Your Emotional Load

[ECC Nurse Practitioner Consultations & Health Check-Ins w/ Clinical Psychologists](#)

- Virtual appointments are available to ECC students who paid their student health fee.
- Book an appointment via [Patient Portal](#)

[211 LA County](#)

- A website full of resources for all types of health, human, and social services in Los Angeles County
- 2-1-1 phone line is open 24/7

[Crisis Text Line](#)

- Free 24/7 support counselors are available for any crisis
- Text HOME to 741741 to connect with a crisis counselor

[Headspace](#)

- Los Angeles County residents can download a free subscription to Headspace, a mindfulness and meditation application.

[National Alliance on Mental Health](#)

- The nation's largest grassroots mental health organization dedicated to providing support to families affected by mental illness.
- Call 1-800-950-6264 for support

[National Domestic Violence Hotline](#)

- Free 24/7 hotline for anyone affected by abuse and needing support
- Call 1-800-799-7233 or text LOVEIS to 1-866-331-9474

[National Institute of Mental Health \(NIMH\)](#)

- NIMH is the lead federal agency for research on mental disorders.
- Many resources and health information are available on the NIMH website.

[Psychology Help Center](#)

- A consumer website featuring information related to psychological issues that affect your daily, physical, and emotional well-being.

[Student Guide to Surviving Stress and Anxiety in College & Beyond](#)

- A resource website to help students manage stress and anxiety.

[Suicide Prevention Lifeline](#)

- Free 24/7 confidential support for people in distress and prevention and crisis resources
- Call 1-800-273-8255 or [chat online](#) with a representative for assistance



El Camino Community College District is committed to providing an educational and employment environment in which no person shall be unlawfully denied admission, access or benefit to, nor employment in any program or activity that is administered, funded directly by, or that receives any financial assistance from the State Chancellor or Board of Governors of the California Community Colleges on the basis of race, color, national origin, sex (including sexual harassment), gender, disability, and age as required by Title VI, Title IX, Section 504, the Age Discrimination Act.

Disclaimer of Endorsement: EOPS/CARE, CalWORKs, and Guardian Scholars do not constitute or imply the endorsement, recommendation, or favoring of any of the off-campus resources listed.