

City College of San Francisco

HEALTH AND SAFETY INFORMATION FOR STUDENTS – SPRING 2017

Questions to consider as you begin the semester -

Not sure where to go or who to ask? A variety of campus support resources are ready to help!

<http://www.ccsf.edu/vcsd>

Important alerts

When enrolled you are automatically entered into the CCSF mass notification system to receive important alerts. Download the free *911 Shield* mobile app to report incidents to SFCCPD. For more information refer to www.ccsf.edu/police

Know what to do about accidents or incidents on Campus?

If you experience or see a medical emergency or unsettling incident while on campus, dial **9-1-1**. Tell any college employee if you see something hazardous or of concern to you, or submit a report through *911 Shield* mobile app. In the unlikely event of an injury on campus, check out Student Accidents at www.ccsf.edu/risk.

Experiencing stress? Struggle with Sleep Difficulties? Anxiety? Depression? Finances? Work?

Many college students do. Consider seeking confidential help by speaking with a Personal Counselor who is a licensed mental health professional at Health Services. For an appointment call 415.239.3110. More information available @ www.ccsf.edu/stuhealth

Concerned or worried about a fellow student?

Tell someone. Confidential consultation is available in Student Health Services (415.239.3110).

Learn how to help. Create a free account and take valuable online training available at:

<http://www.kognito.com/cc> (Ask instructors if they offer extra credit!)

Know someone who has been sexually assaulted?

CCSF takes sexual misconduct very seriously. We encourage you to report this to any of the following: Student Health Services (HC100), the Office of Dean of Student Affairs & Wellness (E106), SFCCD Police (C109), or Title IX Coordinator (B619); Or, call SF Trauma Recovery and Rape Treatment Center at 415.821.3222, or SF Women Against Rape crisis line at 415.647.7273.

http://www.ccsf.edu/Offices/Title_IX/Title_IX-Sexual_Misconduct_FAQs-091014.pdf

Have a health condition that might impact your academic performance or progress?

If you have, or think you have, a health-related condition that may affect your ability to attend class or concentrate on your coursework, please come to Health Services, HC100, to confidentially discuss a prevention plan with a licensed healthcare professional.

Know about our Smoke Free Campus and want help to quit?

We thank you for honoring the college policy and supporting a healthy campus!

<http://www.ccsf.edu/en/student-services/student-health-services/sfc.html>

FREE Confidential Smoking Cessation Support is available in Student Health Services.

Want more health tips? Check out <http://readsh101.com/ccsf.html>

QUESTIONS? Contact Student Health Services @ 415.239.3110