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# Student Health Services

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## Together We Stand



*Due to the current campus closure and for the safety and health of our campus community, Student Health Services will be closed for in-person visits until further notice.*

*We look forward to being of assistance to you during this uncertain and difficult time. Moreover, we hope it's not long before we can welcome you back on campus for services at our Student Health Center. Until then, be alert, take care, and stay well!*

We will be providing Telehealth (mental health counseling services) online through Zoom. Not all mental healthcare situations are appropriate for Telehealth such as non-emergent and/or crisis services. If interested, see our [Online Services](#). Below are resources for your health & mental health needs.

Mental Health	Health	Crisis
		



Students are encouraged to contact their off-campus healthcare provider (through your private insurance or Medi-Cal or Medicare) to obtain medical and mental health services. If you are not sure how to proceed, our staff can answer your questions or assist you in connecting to off campus services.

#### Staff Hours & Contact Methods (excluding holidays):

- (909) 843-9963  
Monday – Thursday 9:00AM – 4:00PM  
Friday Office Closed
- (909) 843-9073 (Bilingual English/Spanish)  
Monday – Thursday 9:00AM – 4:00PM  
Friday Office Closed
- (909) 843-9914  
Monday – Thursday 8:00AM– 12:00PM
- Message Only  
(909) 384-4495
- Email  
[sbvcshs@valleycollege.edu](mailto:sbvcshs@valleycollege.edu)

*If staff member is unavailable, leave a clear brief voicemail with your name, student ID #, date, time of call and your best contact number. Please make sure your voicemailbox is not full, in case we need to leave you a message. A staff member will respond to you by the next business day (excluding Fridays).*



## Stress and Coping with COVID-19

### Related Links

[Online Services](#)

[Mental Health](#)

[Health](#)

[Crisis](#)

[Kognito - At Risk Training](#)

[Resources for Health Programs](#)



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*San Bernardino Valley College  
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San Bernardino, CA 92410  
(909) 384-4400*

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