



Barstow Community College

Counseling & Student Success Newsletter 2020- volume 6

“Your Mental Health Matters”

BARSTOW COMMUNITY COLLEGE IS KEEPING UP TO DATE ON THE COVID-19 PROTOCOLS. MAINTAINING IN COMPLIANCE, BARSTOW COMMUNITY COLLEGE CAMPUSES ARE PHYSICALLY CLOSED TO THE PUBLIC AND STUDENTS. COLLEGE OPERATIONS AND SERVICES WILL CONTINUE REMOTELY. IF YOU NEED ASSISTANCE, PLEASE EMAIL WELCOME@BARSTOW.EDU

Click on the Icons Below



Life Threatening Dial 911

National Suicide Prevention Lifeline

1-800-273-8255



Sign Up- VIKING Alert

Feeling overwhelmed?

Text: "courage" To: 741741
FREE 24/7. CONFIDENTIAL
Many of us will experience a mental health challenge at some point in our lives.



Contact a BCC Counselor
http://barstow.edu/BCC/Counselor_Update.html



Contact:
760-252-2411



Website:
<http://www.barstow.edu/>

Taking Care of Your Mental Health

- **Separate what is in your control from what is not.** There are things you can do, and it’s helpful to focus on those. Wash your hands. Remind others to wash theirs. Take your vitamins. Limit your consumption of news.
- **Challenge yourself to stay in the present.** Perhaps your worry is compounding—you are not only thinking about what is currently happening, but also projecting into the future. When you find yourself worrying about something that hasn’t happened, gently bring yourself back to the present moment. Notice the sights, sounds, tastes and other sensory experiences in your immediate moment and name them. Engaging in mindfulness activities is one way to help stay grounded when things feel beyond your control.
- **Stay connected and reach out if you need more support.** Talk to trusted friends about what you are feeling. If you are feeling particularly anxious or if you are struggling with your mental health, it’s ok to reach out to a mental health professional for support. You don’t have to be alone with your worry and it can be comforting to share what you are experiencing with those trained to help.

Click the link below to watch a video on “Prioritizing Mental Health in Schools”

https://www.youtube.com/watch?v=vD0w_gOEBUI

Disclaimer: This newsletter includes health information copied from online articles. You should always consult your physician or health care provider for any questions or concerns you have regarding your health.

https://afsp.org/story/taking-care-of-your-mental-health-in-the-face-of-uncertainty?utm_source=All+Subscribers&utm_campaign=3b5166ea09-