



# Barstow Community College

Counseling & Student Success Newsletter 2020- volume 7

## “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](mailto: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](http://barstow.edu/BCC/Counselor_Update.html)



Contact:  
760-252-2411



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

## When a Friend is in Distress

### Protecting your own safety and wellbeing - Recognizing the limits of what you can and can't do:

In dealing with a distressed person, your own safety and wellbeing are just as important as that of the person in distress. Recognizing the limits of what you can and can't do to help someone else is a crucial part of this.

### What you can do:

- Be genuinely concerned and supportive
- Be honest with yourself about how much time and effort you can afford to spend in helping
- Be aware of your own needs and seek support for yourself
- Maintain and respect healthy boundaries

### What you can't do:

- Control how another person is going to respond to you
- Decide for another person whether or not s/he wants help or wants to change

Click the link below to watch a video on “Funny Stress Management Techniques”  
<https://www.youtube.com/watch?v=ybnzd4zu8xs>

“17 Science-Backed Ways to Relieve Stress Right Now”

<https://www.youtube.com/watch?v=fAjdI7J4Gvo>

Click on the Image Below to Join:

**Join in Mindful Mondays!**  
Join us every Monday, during the month of May, for a Mindfulness and Meditation practice:

Dates & Times:

- Monday, May 4th @ 12:00pm—1:00pm
- Monday, May 11th @ 12:00pm—1:00pm
- Monday, May 18th @ 12:00pm—1:00pm



Join via ConferZoom every Monday!

There's three ways to join:

• URL: <https://cccconfer.zoom.us/j/92834707199>  
1 (669) 900-6833 and enter the Meeting ID: [928 3470 7199](https://cccconfer.zoom.us/j/92834707199)

• ConferZoom app:  
click **JOIN A MEETING** and enter the Meeting ID: [928 3470 7199](https://cccconfer.zoom.us/j/92834707199)

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.