



Joanne Delamar <joanne.delamar@sjsu.edu>

{CHHS Chairs and Directors} Fwd: [advisor-resources] Available Counseling & Psychological Services

1 message

Matthew Masucci <matthew.masucci@sjsu.edu>

Thu, Mar 19, 2020 at 7:25 AM

Reply-To: chhs-chairs-directors-group@sjsu.edu

To: "chhs-chairs-directors-group@sjsu.edu" <chhs-chairs-directors-group@sjsu.edu>

Hi all,

Just passing this along in case you are not on the advising email list.

-Matt

----- Forwarded message -----

From: **Sharon Willey** <sharon.willey@sjsu.edu>

Date: Thu, Mar 19, 2020 at 7:23 AM

Subject: [advisor-resources] Available Counseling & Psychological Services

To: Advisor Resources <advisor-resources-group@sjsu.edu>

Hello SJSU Academic Advising Community,

I hope all of you are doing as well as can be expected during this time. Please take good care of yourself as know you are ensuring our students have the resources they need to be successful. I'm sharing a message from Kell Fujimoto, our Director of Counseling & Psychological Services about available services during this transition to more remote services:

From Kell:

I hope you are all doing well and supporting one another. Let's all remember the importance of connecting with family and friends during this period of social distancing by using alternative methods such as phone calls, video chats, texts, and social media. Anxiety can be reduced by connecting with others, getting outside, and getting accurate information.

I want to share with you that Counseling and Psychological Services has transitioned to telemental health services. Students are now receiving on-going individual and group services online via Zoom or phone sessions. Workshops are also being made available through Zoom, as well as educational and case management services. We are finalizing our paperwork process for our triage and intake sessions, which I anticipate will be available shortly. Counseling and Psychological Services will not be available for in-person services tomorrow and Friday, March 19 & 20, 2020. Students can now utilize our Therapy Assisted Online (TAO) Self-Help service which has education modules in anxiety, depression, stress, and substance use to name a few. The service can be accessed at any time, be completed at one's own pace, and is available through a website or mobile app. Students can access the TAO Self-Help modules at <http://www.sjsu.edu/counseling/students/TAO/index.html>.

Students who are seeking immediate services can speak to a counselor 24-hours a day by calling our main line at (408) 924-5910, and selecting option 4. In addition, students can contact the Santa Clara County Suicide and Crisis Hotline at (855) 278-4204 or send a text to the Crisis Text Line at 741741. For emotional support, students can call the Peer-Run Warm Line at (855) 845-7415. For life threatening emergencies, students should call 911; or campus police at (408) 924-2222, if they reside on campus.

Thank you.

Sincerely,

Sharon

Sharon R. Willey, Ed.D.
Sr Associate Vice President for
Enrollment Management
Division of Student Affairs
San Jose State University
One Washington Square
San Jose CA 95192-0031
P: 408-924-7096

Go Spartans!

The information transmitted is intended only for the person or entity to which it is addressed and may contain proprietary, business-confidential and/or privileged material. If you are not the intended recipient of this message you are hereby notified that any use, review, retransmission, dissemination, distribution, reproduction or any action taken in reliance upon this message is prohibited. If you received this in error, please contact the sender and delete the material from any computer.

--
You received this message because you are subscribed to the Google Groups "Advisor Resources" group.
To unsubscribe from this group and stop receiving emails from it, send an email to advisor-resources-group+unsubscribe@sjsu.edu.
To view this discussion on the web visit https://groups.google.com/a/sjsu.edu/d/msgid/advisor-resources-group/CANkm9HeHhVuTDF5aUggA2Dntg2qEc0z_Ye9y3fR4ORJ9-VETNA%40mail.gmail.com.

--
Matthew Masucci, PhD
Interim Associate Dean
College of Health & Human Sciences
San José State University
One Washington Square
San José, CA 95192-0049