SOURCES OF **STRENGTH** RESOURCE **GUIDE**

Not sure what resources are available to you? Use this guide to connect and find help.

Medical Access

ON CAMPUS

Student Health and Wellness Services

Student Health provides primary medical care for all CPP students as part of their student health fee. Wellness Services provides disease prevention/health promotion services and resources on a variety of health topics.

https://www.cpp.edu/health

Phone: 909-869-4000

Nurse Advice Line: 855-272-1723 (after 5pm weekdays & on weekends

and holidays)

Instagram: @cpphealth Facebook: @cpphealth Twitter: @Calpolywellness

OFF CAMPUS

Pomona Valley Hospital Medical Center

Comprehensive medical care, including emergency and urgent care services, located Pomona.

https://www.pvhmc.org/

Phone: 909-865-9500 Instagram: @pvhmc

Facebook: Pomona Valley Hospital

Medical Center Twitter: @pvhmc

Mental Health

ON CAMPUS

Counseling and Psychological Services (CAPS)

Individual therapy, workshops, virtual services, crisis counseling, wellbeing coaching, and referrals to outside providers.

https://www.cpp.edu/caps/index.shtml

Phone: 909-869-3220 Instagram: @cppcaps Twitter: @cppcaps

Integrated Care Network at CPP

Early intervention and resources for students facing a variety of challenges. Providers are located at CAPS, Student Health, Housing, Disability Resource Center, and ASI.

https://www.cpp.edu/healthwellbeing/icn.shtml

OFF CAMPUS **Tri-City Mental Health Services**

Culturally competent behavioral and mental health care services and resources for Pomona, Claremont, and La Verne.

https://www.tricitymhs.org/

Phone: 909-623-6131 Instagram: @tricitymhs

Facebook: Tri-City Mental Health Services

Twitter: @tricitymhs

National Suicide Prevention Lifeline

National network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week.

https://suicidepreventionlifeline.org/

Phone: 909-623-6131

Facebook: National Suicide Prevention Hotline

Twitter: @800273TALK

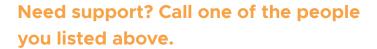




Family Support

Think about what family means to you. Who are some people you consider your family?

List them here:



ON CAMPUS

Office of Student Life and Cultural Centers

This office serves as the hub for student clubs. organizations, and affinity groups that can provide community and sense of belonging for all CPP students.

https://www.cpp.edu/oslcc/index.shtml

Phone: 909-869-2841 Instagram: @oslcc Facebook: @oslcc



Positive Friends

What does being a positive friend mean to you? List some people in your life whom you consider positive friends:

Need support? Call one now.

ON CAMPUS **ASI**

Housed in the Bronco Student Center (BSC), ASI provides student-run events, programs, and services to engage all the campus community and foster friendship and connection.

https://asi.cpp.edu/

Instagram: @asicpp Facebook: @asicpp Twitter: @asicpp

MyBAR

At CPP there are over 400 ways to get involved — and counting! MyBAR is a student engagement platform that connects you to student organizations where you can make positive friends who share common interests.

https://calpolypomona.campuslabs.com/engage/

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index.shtml

Instagram: @oslcc Facebook: @oslcc





Mentors

ON CAMPUS Career Center



This office provides resources and assistance to help students with job searching, major selection, career exploration, and planning for graduate school.

https://www.cpp.edu/career/index.shtml

Phone: 909-869-2342

Instagram: @cpp_careercenter

Facebook: @calpolypomonacareercenter

Twitter: @cppcareercenter

CPP Bronco Advising Center

This office provides CPP students with guidance for general academic advising, class registration, financial aid and student account services.

https://www.cpp.edu/studentsuccess/bronco-advising-center/index.shtml

Phone: 909-869-4600 Instagram: @cppbac Facebook: @cppbac Twitter: @cppbac

CPP Bronco Mentoring Network

A networking portal helps CPP Students connect with alumni who have been in your shoes. Ask a question, join a community, find your mentor today!

https://www.cpp.edu/alumni/get-involved/-mentoring.shtml

Phone: 909-869-2963 Instagram: @cppalumni Facebook: @cppalumni Twitter: @cppalumni

Healthy Activities

Think about the fun things you like to do. List them here:

Need support do one now.

ON CAMPUS

Bronco Wellness Center

This office provides resources and programs on a variety of health topics including but not limited to nutrition, sexual health mental health, physical activity, sleep and stress management.

https://www.cpp.edu/health/bronco-wellness-services.shtml

Phone: 909-869-5272 Instagram: @cpphealth Facebook: @cpphealth Twitter: @Calpolyhealth

BRIC

The recreation center on campus the place where CPP students can join fitness groups, participate in outdoor trips or even take a swim in the pool.

https://asi.cpp.edu/campusrec/

Instagram: @cppcampusrec Facbook: @cppcampusrec Twitter: @cppcampusrec

Mind Heart Lab

Looking for ways to de-stress? The Mind and Heart on campus the place where can students can relax with guided meditation, yoga, or even join stress support groups. http://www.mindandheartlab.com/

Instagram: @mindheartlabcpp







Generosity

Generosity can take many forms from donating money or time, to being intentionally kind to other people. If you are looking for a way to begin, research local churches and community volunteering groups.

ON CAMPUS Center for Community Engagement

Looking to volunteer but not sure where to begin? This office provides multiple opportunities throughout the school year for students to get involved.

https://www.cpp.edu/cce/index.shtml

Phone: 909-869-4269

Bronco Cares Basic Needs

This office serves students experiencing housing instability, food insecurity, and other emergency/crisis situations.

https://www.cpp.edu/basicneeds/index.shtml

Phone: 909-869-2763

Instagram: @cppbasicneeds Facebook: @cppbasic needs Twitter: @cppbasicneeds

Local food pantries

Looking for a food pantry to volunteer or donate to? Visit this website to find various food pantries in your area.

https://www.cpp.edu/basicneeds/food-resources/poly-pantry.shtml

Spirituality

What does spirituality mean to you? What are some activities or practices that help you connect spiritually? List them here.

Feeling disconnected? Try doing one of these activities/practices now.

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