

TIPS FOR YOUR MENTAL HEALTH

October Newsletter

Build Your Toolkit

October is LGBT History Month and with about 25% of Cal Maritime students identifying as LGBTQ+, here are mental health resources for LGBTQ+ communities.

Get Social

Cramming for midterms and need a stress reliever? Check out practical strategies on the Science of Happiness podcast.

Social media can support your mental health, such as @theshaniproject

Access Resources



Connect on Campus

Meet Cal Maritime's Confidential Advocate, Jennifer Ojeda.



Located in URH, she provides confidential support to students who have experienced sexual harassment, assault, stalking, intimate partner violence and other forms of sexual and gender-based violence. Contact Jennifer at (707) 724-9606, or Make an appointment