## 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 <u>mental</u> <u>health resources for</u> <u>LGBTQ+ communities</u>.

## **Get Social**

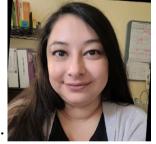
Cramming for midterms and need a stress reliever? Check out practical strategies on the <u>Science of Happiness</u> podcast.

Social media can support your mental health, such as <u>etheshaniproject</u>



## **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 <u>Make an appointment</u>