

# Campus Health Services

**24 Hour Crisis Hotline:** 1-800-273-TALK

**24 Hour Crisis Text Line:** Text to - 741741

## Free Remote Mental Health Counseling

Get support with adjusting to college, relationship difficulties, coping with crisis, problems at school or work, social isolation, difficulties sleeping anxiety, depression, alcohol and/or drug use, family stress, stress management, eating disorders, grief, or anything else.

Jacinda Marshall, Psy.D. (510) 748-2320

[coamentalhealth@peralta.edu](mailto:coamentalhealth@peralta.edu)

Monday, Wednesday, Thursday 9-4:30

Tuesday 9-2, Friday 9-3:30

## Free Acupuncture, Cupping, or Massage Services

*Due to the current health crisis, these services are currently unavailable.*

## Free Campus Nurse and Nurse Practitioner

Provides medical care, first-aid, pregnancy testing, Flu Shots, TB testing, health education, family planning, birth control, sexually transmitted infections, and community referrals.

***Services are available for all Peralta students: Monday - Friday 9:00-5:00***

***Location: Roots Community Health Center***

***7272 MacArthur Blvd, Oakland, CA 94605***

***510-533-1248***

***\*\*Please call first and bring your student ID\*\****

## Patient Navigator

Assists with Health insurance, MediCal, and CalFresh (Food Stamp) enrollment. Identifies and connects with housing and financial resources.

***Services are available for all Peralta students: Monday - Friday 8:30-5:00***

***Location: Roots Community Health Center***

***7272 MacArthur Blvd, Oakland, CA 94605***

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