

# The Health Center Is Here for You

The Berkeley High School Health Center is open starting 8/17 so that students can access **essential health services** during school closure.

Types of services available through telehealth (over the phone) or in-person (limited):

- Sexual Health
- Mental Health

Day/Hours:

- Monday, Wednesday, Thursday & Friday:
  - 9-12:15pm & 1:15-4pm
- Tuesdays: 10-12:15pm & 1:15-4pm



## Your Health and Safety is important to us

To reduce the spread of COVID-19, all Health Center Staff and students will be screened for COVID-19 before entering the health center.

COVID-19 protocol:

- ✗ COVID-19 symptoms
- ✓ Face coverings at all times
- ✓ Hand sanitize before entering
- ✓ Physically distance 6 feet

Call for more info & to make an appointment:

**510-644-6965**



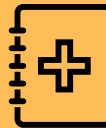
## Sexual Health Services for New & Existing Clients

- Pregnancy prevention, testing & counseling
- Emergency contraception (Plan B)
- Testing, diagnosis, treatment, counseling and education of sexually transmitted infections (STIs)
- Birth control
- Urinary tract & vaginal infection: testing and treatment



## Mental Health Services for New & Existing Clients

- If you want services for yourself or you want to refer someone else, call our **Warm Line** at **510-981-5240**.
- You can speak with someone right away or schedule a future appointment.
- We will be offering individual counseling, crisis intervention, parent/teacher/staff consultation, and referrals to other services.
- The Warm Line is operated by Sally Walstrom, LCSW—one of our licensed clinicians.
- Services are also available in Spanish.
- If you have general questions about our mental health services, please contact Zach Meredith, LCSW, at 510-990-5271.



## Become a Peer Educator: SHIFT

- Weekly meetings held virtually
- Empower yourself and others to make healthy choices
- Earn a stipend while helping your peers
- Email [LupitaGuerrero@berkeley.net](mailto:LupitaGuerrero@berkeley.net) if you are interested in applying.

## Crisis Services for Students

If you are feeling overwhelmed or having a mental health emergency please reach out to:

- **California Youth Crisis Line:**  
1-800-843-5200 (24 hrs)
- **Crisis Support Services of Alameda County**  
1-800-273-8255 (24 hrs)
- **Call Teen Line Online**  
1-800-TLC-TEEN from 6pm to 10pm PST

See [www.cityofberkeley.info/covid19](http://www.cityofberkeley.info/covid19) for news, information, and status of City services.