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SBVC Partners with TimelyCare to Expand Mental Health Support & Basic Needs Assistance for Students

November 2024

October 2024

September 2024

August 2024

July 2024

June 2024

May 2024

April 2024

March 2024

February 2024

January 2024

San Bernardino Valley College (SBVC) is dedicated to the health and well-being of its students, recognizing the crucial role that mental health plays in academic success and overall quality of life. As part of this commitment, the college is actively examining recent student wellness survey results, which have been shared with governance bodies to guide decisions on mental health services and initiatives. In alignment with this commitment, SBVC has partnered with TimelyCare, a leading virtual health and well-being provider in higher education, to offer students free and equitable access to essential mental health support and basic needs assistance. This partnership enhances existing resources from our campus health and counseling center, with the primary goal of improving student well-being, engagement, and retention. The need for accessible, high-quality care has never been more critical, especially in today's challenging environment. With TimelyCare, students can now access services from any device, ensuring they receive the support they need whenever they need it.



Key services available through TimelyCare include:

- On-Demand Mental Health Support (TalkNow): Students can receive
- immediate emotional support at any time.
- Appointment-Based Counseling: Up to 12 sessions of mental health counseling are available each academic year,
- providing students with personalized care.
- Basic Needs Assistance: Support is offered to help students meet their essential living requirements.
- Care Navigation: Students can receive guidance to help them access various health and wellness resources.
- Peer Support Community: A network where students can connect and support each other.
- Digital Self-Care Content: Resources to promote self-care and mental wellness.

"By extending TimelyCare's benefits to faculty and staff, we're providing them with the knowledge and tools needed to guide students toward valuable resources," said President Gilbert Contreras. "Empowering our team in this way fosters a supportive environment where students feel encouraged to prioritiz their mental health, live healthier lifestyles, and succeed academically." Vice President of Student Services Olivia Rosas added, "This partnership with Timely marks an important step forward in enhancing our student support services. Addressing both mental health and basic needs helps us create an inclusive campus community, ensuring every student has the opportunity to thrive. It underscores SBVC's commitment to holistic student development and positions a leader in supporting students in higher education."

Visit https://valleycollege.edu/timelycare for more information.

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