The Wolverine Wellness Newsletter

San Bernardino Valley College | Student Health Services

OCTOBER 2026

MIDTERMS WITHOUT THE MELTDOWN

Sleep better. Stress less. Study smarter.



You do not have to solve your entire semester tonight.

Midterms can bring less sleep, more caffeine, packed schedules, and the feeling that everything is urgent. This issue is built to help you figure out what your body and brain actually need and where to get support at SBVC.

HOW ARE YOU ACTUALLY DOING?

- Doing okay? 🙂
- A little stressed? 🥺
- Barely keeping up? 😬
- Running on caffeine and determination? 😵
- Wherever you landed, there is something in this issue for you.

ACADEMIC SUCCESS – Tutoring runs late!
Fall hours: Mon–Thu 9 AM–8 PM • Fri 9 AM–3 PM.
FREE tutoring + Supplemental Instruction in LIB 147.

STUDENT HEALTH – Know the hours
Mon–Thu 8:30 AM–4 PM • Fri 8:30 AM–1:30 PM. SHS Building in front of Parking Lot 8.

AFTER HOURS – Support does not close!
TimelyCare gives enrolled students free 24/7/365 virtual emotional support through TalkNow.

YOUR MIDTERM BRAIN BREAK

Your brain deserves a break too. Put the notes down for five minutes and try something completely unrelated to school.



🎨 Color: **Google Arts & Culture Games** includes FREE puzzles, coloring, trivia, visual crosswords, drawing activities, and some much more.

✏️ Draw: **Quick, Draw!** very short drawing rounds where AI tries to guess what you're sketching. Each prompt is only about 20 seconds, so it works perfectly as a 2–3 minute study break.

🎵 Create: **Chrome Music Lab** FREE browser based mini experiments where you can play with rhythm, melodies, sound, and Song Maker. No music background is needed, and it works on phones, tablets, or laptops.

🧘 Reset: **Medito** FREE app designated for short guided meditations, breathing exercises, stress/anxiety sessions, sleep stories, and beginner courses.

💙 Unwind: **TimelyCare Self-Care** As a SBVC student you already have FREE access to TimelyCare. The Self-Care tab includes meditation, yoga sessions, short videos, and expert articles, available 24/7.

The Wolverine Wellness Newsletter

San Bernardino Valley College | Student Health Services

HEALTH DESK

CAFFEINE, ENERGY DRINKS & MIDTERM STRESS

More stimulation does not always mean better studying.



Caffeine can improve alertness for a while, but more is not always better. Sensitivity varies from person to person, and too much can contribute to jitters, anxiety, headaches, a racing heartbeat, stomach upset, and trouble sleeping.

THE NUMBER TO KNOW **400 MG**

FDA general benchmark for most healthy adults
Individual sensitivity varies, and some people may experience effects at lower amounts.

MYTH VS. FACT

MYTH: "If caffeine keeps me awake, it must be helping me study better."

FACT: Caffeine may increase alertness, but sleep loss can make concentration, memory, mood, and decision making harder.

QUICK CHECK

Before another energy drink...

Hydrate. Eat something. Move for a few minutes. Pick one next task. Then decide whether you still need the caffeine.

ACADEMIC SUPPORT

If caffeine is covering up "I'm behind"...

Academic Success Centers offer free tutoring + Supplemental Instruction. LIB 147.

SLEEP CHECK

7+ hours matters

Adults ages 18–60 generally need 7 or more hours of sleep. Sometimes the smartest study move is closing the laptop.

BODY SIGNALS

Caffeine may be working against you

Jitters, anxiety, a racing heartbeat, headache, stomach upset, or trouble sleeping are signs to slow down and reassess.

CAMPUSWELL SEARCH

Keep learning

Try: stress • caffeine • sleep • test anxiety • mindfulness.

Search CampusWell

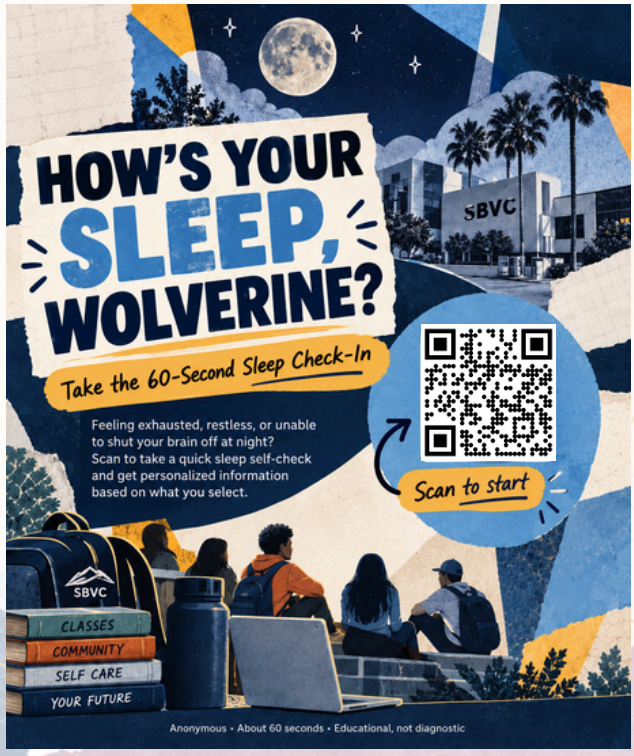
ADHD BRAIN?

Study 25–30 min at a time • break tasks into tiny goals • use active recall • externalize reminders • study somewhere with fewer distractions.

TEST ANXIETY?

Practice under test-like conditions • breathe/reset before starting • skip and return if you freeze • avoid last-minute cramming.





The Wolverine Wellness Newsletter

San Bernardino Valley College | Student Health Services

MENTAL HEALTH SPACE

You do not have to handle a crisis alone.

Whether you need someone to talk to, you are worried about your safety, or you are concerned about a friend — there is a next step.



I JUST NEED TO TALK
SBVC Student Health counseling • 909-384-4495
Counseling is available for general support, not only crisis.

I NEED SUPPORT NOW / AFTER HOURS
TimelyCare TalkNow • 24/7/365
Free emotional support for enrolled students. No insurance required.

I'M THINKING ABOUT SUICIDE OR MAY HURT MYSELF
Call or text 988
Free, confidential crisis support. You may also contact 988 because you are worried about someone else.

IMMEDIATE DANGER / MEDICAL EMERGENCY
Call 911
Or go to the nearest emergency department.

WORRIED ABOUT A FRIEND?

You do not need to be a counselor to help. The 988 Lifeline recommends five practical steps:

1 ASK
"Are you thinking about suicide?"

2 BE THERE
Listen. Stay calm. Do not judge.

3 KEEP SAFE
Do not promise to keep a suicide plan secret.

4 CONNECT
Call/text 988 together or connect to Student Health.

5 FOLLOW UP
Check in again after the immediate moment

988 • CALL/TEXT/CHAT

TIMELY CARE 24/7

STUDENT HEALTH

EN ESPAÑOL

Para apoyo de 988 en español: llama al 988 y presiona 2, o envía AYUDA al 988.

LANGUAGE ACCESS

Bilingual Spanish/English counseling support is available. Ask Student Health about language access when scheduling.

WHAT HAPPENS WHEN YOU CONTACT 988?

1 **SAFETY**
A counselor checkes whether you are safe.

2 **LISTEN**
They listen to what is happening.

3 **SUPPORT**
They help you through the moment.

4 **CONNECT**
They can connect you with more support if needed.

NO JUDGMENT. NO PRESSURE. JUST SUPPORT.

You do not have to know exactly what you need before reaching out. Then split it into two side-by-side sections.

IF YOU'RE HAVING THOUGHTS OF SUICIDE

You can reach out even if you're unsure whether what you're feeling "counts" as a crisis.

SBVC Student Health Services
Free mental health counseling and crisis support. Same day crisis support is available during clinic hours. Counseling is confidential except where disclosure is required by law, including an imminent threat of harm. Call 909-384-4495 to schedule.

Can I get counseling if I'm not in crisis?
Yes. Student Health counseling is available for general support and non-crisis situations.

TimelyCare — 24/7
Enrolled SBVC students have free, 24/7 access to TalkNow for on-demand emotional support; insurance is not required.

988 Suicide & Crisis Lifeline
Call or text 988 for 24/7 crisis support. Immediate danger or medical emergency dial 911 / nearest emergency department

IF YOU'VE EXPERIENCED SEXUAL ASSAULT OR UNWANTED SEXUAL CONTACT.

You deserve support whether you want counseling, medical care, information about your options, or are unsure what you want to do next.

SBVC Student Health Services
Student Health Services offers resources for students who may have experienced sexual assault, including health, wellness, and counseling support.

Partners Against Violence — 24/7 Tel. 909-885-8884

SBVC local sexual-assault resource — SBVC Title IX
Students can contact Title IX for information about reporting, resources, services, and possible supportive measures.

- *A Title IX report is not the same as confidential counseling. SBVC states that confidentiality is maintained as much as possible, but the College/District is required to investigate Title IX complaints.*

Not ready to make a report?
You can still start by talking with Student Health about support and your options.

- *Student Health counseling is confidential subject to legally required safety/reporting exceptions.*

The Wolverine Wellness Newsletter

San Bernardino Valley College | Student Health Services

FACULTY + STAFF CORNER

Notice. Ask. Connect.

A quick referral guide for faculty and staff supporting students.

1
NOTICE
Notice a student unusually distressed, physically unwell, withdrawn, overwhelmed, or suddenly disengaged.

2
ASK
"Are you doing okay?" "Would it help if I connected you with a campus resource?"

3
CONNECT
Offer the resource and, when appropriate, help the student make the first connection.

WHERE SHOULD I REFER?

PHYSICAL HEALTH / HEALTH QUESTIONS	→ Student Health Services – medical assessment, RN/NP services, prevention, sexual health, and referrals.
STRESS COUNSELING	→ Student Health mental-health counseling – Students do not need to be in crisis to use counseling.
AFTER HOURS EMOTIONAL SUPPORT	→ TimelyCare TalkNow – free 24/7/365 support for enrolled students.
SUICIDE/CRISIS	→ Call or text 988. If there is immediate danger or a medical emergency, call 911.
BASIC NEEDS / IDENTITY / SPECIALIZED SUPPORT	→ SALA can help students find resources in Basic Needs, Dreamers, LGBTQ+, cultural communities, accessibility, veterans, and other services.

BRING STUDENT HEALTH TO YOUR CLASS

Classroom + group outreach

Student Health states that mental-health clinicians can speak to classes/groups and that Student Health also conducts workshops, wellness events, and prevention outreach.

Referral language you can use:
"Student Health has resources that may be helpful. Would you like their information?"

CAMPUSWELL
Keep learning between appointments
SBCCD's wellness platform offers student-focused articles and videos on stress, sleep, nutrition, mental health, relationships, money, mindfulness, and academic life.
Explore CampusWell

BASIC NEEDS
Support for life outside the classroom
Food, hygiene items, housing connections, transportation, and other support can help keep basic-needs barriers from becoming academic barriers.
Basic Needs

STUDENT ACCESSIBILITY SERVICES
Access + accommodations
Student Accessibility Services coordinates accommodations, assistive supports, and access planning for eligible students.
Student Accessibility Services

STUDENT PARENTS
Resources for students with children
SBVC's Student Parent Resources page gathers campus supports including food, hygiene, baby items, Student Health, and other services for students with minor children.
Student Parent Resources

SALA
One hub, many pathways
Find Dreamers/undocumented, LGBTQ+, Black/African American, AAPI, Latinx/Chicano/Indigenous, mental health, housing/basic needs, and other support in one place.
Explore SALA

DREAMERS RESOURCE CENTER
Specialized support
Counseling, AB540 support, financial-resource access, cultural programming, and free immigration legal-services/case support.
Dreamers Resource Center

VETERANS RESOURCE CENTER
Education + transition support
The Veterans Resource Center supports veterans and dependents with education, benefits, resources, and transition support.
Veterans Resource Center

WHAT'S HAPPENING
Student Health outreach
Student Health maintains an events calendar for workshops, screenings, wellness activities, and outreach. Mental-health clinicians can also be requested for classroom/group presentations.
See Student Health events



Loved something in this issue? Wish we covered something else? Have a health topic you've been curious about or a workshop you'd actually show up for?
Tell us what you want to see next. Your feedback will help Student Health Services shape future topics, resources, and events around what students actually want and need.
Share your thoughts by **October 16** → **The Wolverine Wellness Newsletter Feedback**



Student Health Services is located in the SHS Building in front of Parking Lot 8. Call (909) 384-4495 for medical or mental health services.

Wolverine Wellness is a Student Health Services publication. Campus-service information is based on current SBVC webpages. Health education references include FDA caffeine guidance, CDC sleep guidance, and the 988 Suicide & Crisis Lifeline.