ONLINE MENTAL HEALTH RESOURCES

1. Monsour Counseling and Psychological Services
   - [https://services.claremont.edu/mcaps/](https://services.claremont.edu/mcaps/)
   - Individual counseling, workshops, crisis intervention
   - Most likely will refer you to a local therapist after initial appointment (to schedule call (909) 621-8202)
   - 24/7 on-call therapist line is available for everyone, no matter the location: (909) 621-8202

2. Teletherapy
   - [https://www.timely.md/faq/7c-health-the-claremont-colleges/](https://www.timely.md/faq/7c-health-the-claremont-colleges/)
   - Unlimited teletherapy sessions are available 24/7 via 7c.health or timely.md app by using your college email address

3. EmPOWER Center
   - Support related to sexual assault, sexual harassment, dating/domestic violence
   - Most likely will refer you to a local therapist after initial appointment (to schedule, call (909) 607-2689)
   - Confidential advocate (Rima Shah) available no matter what your location: (909) 607-2689 or email rshahempower@claremont.edu

PHYSICAL HEALTH RESOURCES

1. Telehealth
   - [https://www.timely.md/faq/7c-health-the-claremont-colleges/](https://www.timely.md/faq/7c-health-the-claremont-colleges/)
   - Students can reach out through telehealth first, then consult with their families on how best to access health care at home or wherever they currently are
   - All students at The Claremont Colleges have access to Campus Health, which provides 24/7 medical and behavioral telehealth care for 7C students, at no cost