**Confidential on-campus resources**

Multiple cross-college resources exist to support students in need. Between psychological services, religious services, mediation services, health services, and various other services, one of the offices of the Claremont colleges can provide support for students in need.

Resources:

* Monsour Counseling and Psychological Services (909 621 8202)
  + In Tranquada building
  + Free crisis counseling which can be accommodated on the same day
  + 8 sessions of brief therapy per year. Currently: 2 week waiting period (nationally average)
  + Offer free unlimited group therapy: contact Britney Beasley for more information
  + Can do referrals out to other mental health professionals
    - Call at 9096218202 or email (anyone at Monsour) for referral out, or come in for 30minute meeting
    - If you specify what exactly you want, they can provide you a better list of therapists more suited to what you want / need. They have an internal and external list to which providers must apply; this list is then curated based on licensing, experience of students, insurance coverage, and ethical issues.
  + Eating disorders, severe OCD, psychosis, and a few other issues are not covered in Monsour as they are generalists
* Student Health Services (Tranquada building, 909 621 8222)
  + Open to all students regardless of insurance; however students must submit claims to their insurance if not on SHIP
  + Appointments are free (call 909 621 8222) or walk-ins are $30
  + Can refer to outside provider or specialist, but you MUST see them first
* Health Education Outreach (HEO) (Tranquada building, 909 607 3602)
  + Offer various services such as Wellness Coaching (peer-led wellness mentors), HIV testing, safer-sex barriers (dental dams, condoms, etc), pregnancy testing, workshops
  + Walk-in hours M-F 10AM-5PM (Wednesday until 7:30PM)
* EmPOWER Center (1030 Dartmouth Ave, 909 623 1619, or [RShashEmPOWER@cuc.claremont.edu](mailto:RShashEmPOWER@cuc.claremont.edu))
  + Specialize in advocacy and counseling for survivors of sexual assault
  + Free consultations, advocacy, and counseling re: sexual misconduct / Title IX
  + Therapy does not have session limits
  + Counseling walk-in hours: Tuesday 4-6 PM and Wednesday 3-5 PM (or call for appointments)
* Pomona Advocates (HEART Center, 909 503 7972, [advocates@pomona.edu](mailto:advocates@pomona.edu))
  + Despite the name they support all 7Cs. However, there are other advocates groups at the rest of the 5Cs.
  + <http://www.poadvocates.com/>
  + Peer advocates for survivors of sexual assault / sexual misconduct
  + Call or text 909 503 7972 at any time
  + HEART center (Walker lounge on Pomona’s campus) walk-in hours: Monday-Thursday 6-10PM, Fridays and Sundays 7-9PM
* The Chaplains Office, McAlister Center, 919 N. Columbia Avenue
  + Diverse faiths represented, including Islamic, Zen Buddhist, Jewish, Catholic, and Christian
  + See website (<http://www.cuc.claremont.edu/chaplains/>) for worship / gathering times and more
* The Ombuds (Pomona College) (909 621 2328 or [pomonacollegeombuds@hotmail.com](mailto:pomonacollegeombuds@hotmail.com))
  + Mediation, understanding Pomona College policies, and consultation regarding ethical, workplace, and academic issues
  + Will help you solve problems
* Jasa Cocke (Pomona only): alcohol and drug counseling (909 607 8763 or [jasa.cocke@pomona.edu](mailto:jasa.cocke@pomona.edu))

Confidential off-campus resources:

* House of Ruth: services for survivors of domestic violence
  + 24-hour hotline: 1 877 988 5559
  + More information: houseofruthinc.org
  + 599 N Main Street, Pomona, CA
* Various therapists in the village of Claremont and surrounding areas
  + Ask Monsour for referral lists
  + Aetna as well as other insurances accepted—call and ask first