

Dear Cal Poly Humboldt Community,

We know this is a difficult time for our campus community. The team at Student Health & Wellbeing Services want our students to know that we are here to serve and support all of you and value your diverse backgrounds and perspectives.

SHWS is currently open for in person and telehealth visits. Please email health@humboldt.edu or call 707.826.3146 for medical appointments or email humboldtcaps@humboldt.edu or call 707.826.3236 for counseling appointments.

Please know that students also have access to 24/7 TalkNow support, scheduled counseling, medical services, and health coaching through telehealth at [TimelyCare](#). TimelyCare has many remote on-demand support resources as well. Students may access TimelyCare services through the summer. SHWS will be available for limited services during the summer during designated summer school sessions starting May 28. See our [calendar for more information](#).

Note, faculty and staff may access TimelyCare for consultation about students in distress. Call 833-4-TIMELY (press 2) any time, day or night. Faculty and staff have access to counseling services through [EAP](#).

Sincerely,
The Student Health & Wellbeing Team