

Student Wellness Assistance

Free, confidential services to support your health and well-being

Learn how to:

- Reduce stress
- Get a good night's sleep
- Manage time effectively
- Balance work and life
- Become financially literate
- And more

More Support Services:

Student Wellness Assistance (SWA) complements and augments Pima counselors. Reach out to Pima counselors, faculty and staff should you need help. See www.pima.edu/counseling to learn more.

- ➔ Students in crisis can receive immediate support from an SWA counselor 24 hours a day at **1-833-251-9941**.
- ➔ Up to six counseling sessions per problem, per year, are available at no cost.
- ➔ To access more information about SWA in **My Pima: Students > Student Resources** tab.

Keep the many parts of your life in harmony as you achieve your goals at Pima.

520.206.4500 | pima.edu |    

Pima Community College is an equal opportunity, affirmative action employer and educational institution committed to excellence through diversity. Upon request, reasonable accommodations will be made for individuals with disabilities to support access to all programs and services. Every effort will be made to provide reasonable accommodations in a timely manner. For student, public and employee accommodation requests and for information related to the ADA compliance process, please contact 504-ADAhelp@pima.edu, 520-206-6688, or West Campus Room C130, 2202 W. Anklam Road, Tucson, AZ 85709-0095.

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PimaCommunityCollege

/// Keep striving.