



timelycare

All actively registered San Diego Mesa College students have **FREE**,
24/7 access to virtual health care services through TimelyCare!

Medical Now

On-demand care for common issues (cold, flu, allergies)

Scheduled Counseling

Pre-scheduled therapy sessions (up to 12 visits/year)

Scheduled Medical

Book medical visits at a time that works for you

Health Coaching

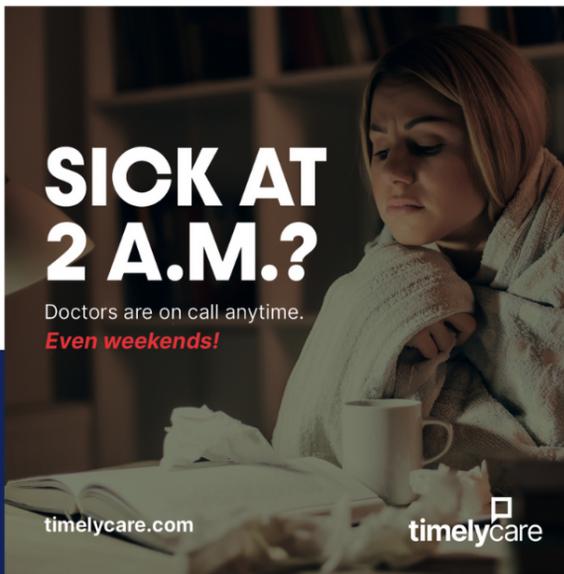
Support for nutrition, sleep, time management, and mindfulness

Talk Now

24/7 emotional support for stress, anxiety, relationships, and more

Available 365 Days

Access care anytime, including nights, weekends, and breaks



IMPORTANT!

**FOR IMMINENT THREAT, HARM TO
SELF OR OTHERS, CALL 911 OR
CAMPUS POLICE (X6405).**

NEED SUPPORT?
Start Here →



 For More Information: <https://bit.ly/sdmesatc>