

Mt. San Antonio College

Online Resources and Services

(Local and National)

Academic Support

- [Library](#)
- [Online Tutoring](#)
- [Writing Center](#)
- [STEM Center](#) (Coaching for Anatomy, Biology, Chemistry, Physics)
- [Student Hub in Canvas](#)
- [Academic Support & Achievement Center](#)

Special Programs

- [Equity Center](#)
 - [Dream Program](#), [ARISE](#), [ASPIRE](#), and [REACH](#)
- [Pride Center](#)
- [International Students](#)

Support for Transitioning to Online Learning

- [Adjusting your study habits during COVID](#)
- [Study habits in the age of COVID-19](#)
- [Organizing for Online Success](#)
- [Online Study Skills and Managing Time](#)
- [Communication Skills for Online Learning](#)
- [Online Reading Strategies](#)

Mental Health Services and Resources

- [Mt. SAC Health Services](#) or (909) 274-4400
- [National Domestic Violence Hotline](#) (800) 799-7233 or chat
- [National Suicide Prevention Lifeline](#) (800) 273-8255
- [LGBTQ+ Hotline](#): 24/7 hotline: (866) 488-7386 or text "Start" to 678678
- [Trans Lifeline](#): (877) 565-8860
- [House of Ruth](#): 24 hour *Crisis Hotline* (877) 988-5559
- [Substance Abuse & Mental Health Services Administration](#) (SAMHSA): (800) 662-4357
- [Crisis Text Line](#): Text "CONNECT" to 741741
- [Disaster Distress Helpline](#): (800) 985-5990 or Text 66746

Basic Needs Resources

[Mountie Fresh Basic Needs Resources](#) (*CalFresh, Mountie Fresh Food Pantry, Housing Resources, Mobile Shower Access and more*)

- [Los Angeles Food Bank Pantry Locator](#)
- [Feeding America Food Bank Pantry](#) for Riverside and San Bernardino Counties.
- [Sowing Seeds For Life](#) (effort with Pomona Fairplex)
- Food Stamp Program (*CalFresh*) [Enrollment & Information](#)
- [211.org](#) (or dial 211): food, paying bills, essential services
- [Housing Resources](#)

Career Resources

- [Career Cafe](#)
- [Job Search](#)
- [Career Services](#) (internships, job placement, career exploration, resume building)
- [O*NET](#) (Career Exploration, Career Assessments)
- [Career Outlook](#)

Financial Needs Resources

- [Financial Aid Office](#)
- [Scholarships](#)
- [Cash For College](#)

Mindfulness

- [Health Center Mindfulness & Meditation](#)
- [UCLA Mindful Awareness Research Center](#)

Additional COVID-19 Local Resources

- [L.A. County COVID-19 Resource Guide](#)

This Online Resources and Services Guide was developed by the EOPS Program. This information is subject to change. 05/16/2020.

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