

Our Confidential Advocate can be reached confidentially through a dedicated phone number and email: (707) 724-9606 or plester@sum.edu.

Counseling resources are also available for our cadets, faculty, and staff. Cadets can schedule an appointment by calling or visiting the Student Health Center (SHC) at (707) 654-1170. Daily drop-in visits are available at the SHC from 2 p.m. to 3 p.m. After-hours support is available by calling the SHC (x1170 Ext. 1). Consultation support is available to faculty and staff. For more information, visit www.sum.edu/caps. Faculty and staff are encouraged to utilize the Employee Assistance Program (EAP). More information for EAP can be found by visiting www.sum.edu/hr/eap.html.