



Mt. SAC Employee Counseling Center Services

Mental Health Matters

Physical health is something we are often reminded to take care of. Mental Health is equally an important part of our lives.

A robust mental health strategy can help us be more resilient and fulfilled and contribute to our overall wellbeing at work.

Services

We offer short-term professional, confidential and free counseling for Mt. SAC employees, including bilingual counseling, to address both work and personal issues. We also offer workshops and consultations.

Resources

- Mental health resources
- Work-related resources
- Skills-Based Videos
- Apps
- Suggested Books & Videos
- L.A. & San Bernardino County Resources

Workshops

- The Mindful Hour (Check PODConnect)
- Emotional Intelligence for Diversity for Teams

Emergencies

If you are experiencing an on-campus emergency call (909) 274-4555

Get Short-Term Help With:

- Work-Related Stressors
- Personal/Family Concerns
- Transitioning to Mt. SAC
- Grief and Loss
- Burnout
- Referral to Community Resources

Responsiveness

- We are committed to responding to your request within 2 business days.
- You must currently reside in California to receive services.
- If you are experiencing a mental health crisis call 911 or go to your nearest emergency room
- If you are experiencing suicidal thoughts call 988

Hours (Fall/Spring)

Monday to Thursday 8:00am-5:00pm and Friday 8am-4:30pm.

Check the website for Winter/Summer Hours.

SCHEDULE AN APPOINTMENT

- employeecounselingcenter@mtsac.edu
- **909-274-6211**
- Building 7 (Science South), Room 1107, 1st Floor