

# 5 MT. SAN ANTONIO COLLEGE WAYS TO CONNECT WITH A COUNSELOR



Scan QR code to  
access counseling  
department

[www.mtsac.edu/counseling/](http://www.mtsac.edu/counseling/)

## 45-minute counseling appointment option

- Monday-Thursday from 8:00 am - 7:00 pm and Friday from 8:00 am - 4:30 pm



IN-PERSON



ZOOM VIDEO

## 15-minute quick questions (no appointment required)

- Mondays & Tuesdays from 8:30 a.m. to 6:30 p.m.; Fridays from 8:30 a.m. to 4:00 p.m.  
(This schedule is subject to change based on counselor availability.)



EXPRESS ZOOM



IN-PERSON



E-MAIL BASED COUNSELING

