

# PERSONAL COUNSELING SERVICES

Student Health Services licensed mental health counselors provide students with private, supportive, and confidential short-term counseling and referrals to community agencies for the following:

- *Sadness*
- *Excessive Worrying*
- *Relationship Problems*
- *Grief and Loss*
- *Adjustment to Academic Environment*
- *Alcohol or Substance Abuse*
- *Stress*
- *Domestic Violence*
- *Sexual Assault*
- *Gender and Sexuality Issues*
- *Obstacles to Personal Success*
- *Dating Violence*

## Schedule an appointment for a **FREE** Personal Counseling visit.

Students currently attending credit classes are eligible.

The first appointment must be scheduled in person at the Student Health Center. Mt. SAC identification is required for all visits. Mandarin, Taiwanese, and Spanish-speaking counselors available.



**For more  
information  
call or visit:**

**Student Health  
Services, 67B & 9E**

**(909) 274-4400**

**[www.mtsac.edu/  
healthcenter](http://www.mtsac.edu/healthcenter)**