Source: https://www.valleycollege.edu/student-services/specialized-counseling-services/health-services/mental-health.php

Counseling Services

College Psychological Counseling Center: Supporting Student Mental Health

At a college psychological counseling center, our mission is to provide students with the support, resources, and guidance they need to navigate the challenges of college life and promote their mental and emotional well-being. We understand that the college experience can be both exciting and demanding, often presenting unique stressors and transitions for students.

Our counseling center is staffed by licensed mental health professionals who specialize in working with college students. They are trained to address a wide range of concerns that students may face, including stress, anxiety, depression, relationship issues, academic pressure, identity exploration, trauma, and more. Whether you're struggling with a specific issue or simply need someone to talk to, our counselors are here to listen, support, and help you explore effective coping strategies.

Here's what you can expect from our college psychological counseling center:

Expand/ Collapse All

Individual Counseling Services

Group Therapy and Workshop

Crisis Intervention and Support

Outreach and Prevention Program

Referrals and Collaborative Care

For severe mental health crisis after-hours

- Call the Suicide Prevention Life Line at 1 (800) 273-8255 OR
- San Bernardino County Crisis Referral Hotline at (909) 381-2420, alt number 1 (888) 743-1478 and TDD 1 (888) 743-1481

Our college psychological counseling center is committed to fostering a campus culture that prioritizes mental health, resilience, and flourishing. We believe that seeking support is a sign of strength, and we applaud your courage in taking steps to prioritize your well-being. Whether you're facing challenges big or small, know that you're not alone — we're here to support you every step of the way.

Get Started with Mental Health Services

Make an Appointment

Call (909) 384-4495 to make an appointment.

Medical Forms

- Consent for Medical & Counseling Services

Counseling services are offered on a "first come first serve basis". If a student is unable to schedule an appointment due to no available counselors, you will be added to our waiting list. A bilingual Spanish/English speaking counselor is available upon request. When a counselor is available, you will be contacted via email or phone. If you need immediate services, please refer to our "Crisis" resources.

- Counseling Intake
- Group Therapy Consent Form

Should you need information about your rights as a patient, please refer to the **Notice of Privacy Practices.**

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Complaint Procedure

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