



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.

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

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

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Individual Counseling Services	^
We offer confidential individual counseling sessions where you can discuss your concerns in a safe and non-judgmental environment. Our counselors provide empathy, validation, and evidence-based interventions tailored to your unique needs and goals.	
Group Therapy and Workshop	^
In addition to individual counseling, we offer group therapy sessions and workshops on various topics such as stress management, mindfulness, coping skills, self-esteem building, and more. These group settings provide opportunities for peer support, skill-building, and personal growth	
Crisis Intervention and Support	^
We are equipped to handle crisis situations and provide immediate support to students experiencing acute distress or emotional crises. Our counselors are available for urgent appointments, and we have protocols in place for coordinating care during emergencies.	
Outreach and Prevention Program	^
We conduct outreach efforts to raise awareness about mental health issues, reduce stigma, and promote help-seeking behaviors among students. We collaborate with campus partners to organize events, campaigns, and educational programs focused on mental health and wellness.	

Get Started with Mental Health Services



Make An Appointment

Call (909) [384-4495](tel:384-4495) to make an appointment.

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](#).



Medical Forms

- [Consent for Medical & Counseling Services](#)
- [Counseling Intake](#)
- [Request for Counseling Services](#)
- [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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