



## Are Mental Health Issues Impeding Your Academic Success?

- **ANXIETY**
- **FEELING OVERWHELMED**
- **RELATIONSHIPS**
- **NAVIGATING CONFLICT**
- **BOUNDARIES**
- **PERSONAL GROWTH**
- **SUBSTANCE ABUSE**
- **DEPRESSION**

### You Are Not Alone

**About one-third of U.S. college students have had difficulty functioning in the last 12 months due to depression, and almost half said they felt overwhelming anxiety in the last year (according to the 2013 National College Health Assessment, which examined data from 125,000 students from more than 150 colleges and universities).**

Novotney, A. (September 2014). Students Under Pressure. *American Psychological Association*, Vol 45, No. 8. Retrieved from [www.apa.org/monitor/2014/09/cover-pressure.aspx](http://www.apa.org/monitor/2014/09/cover-pressure.aspx)

## PERSONAL COUNSELING REFERRAL PROGRAM

Life presents all of us with challenges we may not be prepared for or able to cope with on our own. It's OK to ask for help. Seeking professional counseling is a proactive step to address your needs and concerns.

**UP TO FIVE SESSIONS,  
NO QUESTIONS ASKED,  
NO COST.**

Local providers available to all Palmer students, spouses/partners and immediate family members.

### FOLLOW THESE SIMPLE STEPS:

- 1. Select from any of the listed providers.** Check their websites to get a sense of who might be a good fit for you. You should feel comfortable talking with your counselor. If this isn't the case, please schedule an appointment to meet a staff member in Student Services to discuss the Personal Counseling Referral Program (PCRP).
- 2. Schedule an appointment by identifying yourself as a Palmer student or immediate family member of a Palmer student.**
- 3. When you meet with a counselor, they will ask you to provide a signed consent form for them to bill the College.** Your name appears on the billing only to confirm you are a Palmer student or immediate family member of a Palmer student. All billing is sent directly to Bridgett Lance, program assistant at Palmer's Davenport campus for payment processing. Your participation in counseling is completely confidential.

**You won't receive a bill for counseling sessions;** however, if the counselor has a no-show fee or late-cancellation fee, you, the student, are responsible for these fees.

## **PERSONAL GROWTH, ANXIETY, DEPRESSION, AND CHEMICAL DEPENDENCY:**

For Individuals, Couples and Families

**Marisa Abzug-Callender, LMFT**, 501 Mission Street, Suite 102,  
Santa Cruz, CA 95060, (831) 704-6775,  
online: <https://www.balancemft.com/>

## **RELATIONSHIPS, ANXIETY, DEPRESSION, CHILDHOOD TRAUMA, AND SPIRITUAL ISSUES:**

For Individuals, Couples and Families

**Goolrukh Adi Vakil, PhD, LMFT**, 555 Middlefield Road, Room 101A, Palo Alto, CA 94301, (415) 845-8519,  
email address: [goolrukvh@comcast.net](mailto:goolrukvh@comcast.net)

## **RELATIONSHIPS, PARENTING, BOUNDARIES, AND PERSONAL GROWTH:**

For Individuals, Couples and Families

**Wendy Yeh, LMFT**, 220 S. California Ave. #202, Palo Alto, CA, 94036  
(650) 397-1376, online: <https://wendyyehmft.com/>,  
email address: [yeh.wendy@gmail.com](mailto:yeh.wendy@gmail.com)

**STUDENTS INTERESTED IN ONGOING OR LONG-TERM COUNSELING OPTIONS WITHIN THE GREATER SOUTH BAY AREA ARE ENCOURAGED TO CONTACT LOW-COST OR SLIDING-SCALE COUNSELING PROVIDERS AND GROUPS, INCLUDING:**

### **Community Health Awareness Council**

<http://www.chacmv.org/clinic/>

### **Center Community Clinic**

<https://www.paloaltou.edu/gronowski-center>

### **YWCA Healing Center Counselling Services**

[ywca-sv.org/our-services/](http://ywca-sv.org/our-services/)

**IF YOU HAVE ANY QUESTIONS OR WOULD LIKE TO DISCUSS YOUR SITUATION, PLEASE CONTACT:**

Student Services

(408) 944-6122 or [Academicsupport.ca@palmer.edu](mailto:Academicsupport.ca@palmer.edu)  
to schedule an appointment.

## **HOTLINE AND PHONE COUNSELING INFORMATION:**

### **The National Grad Crisis Line – 1 (877) 472-3457**

24/7 free, confidential telephone counseling, crisis intervention, suicide prevention, information and referral services provided by specially-trained call-takers.

### **LGBT National Hotline – 1 (888) 843-4564**

Peer-counseling, information & local resources.

### **The JED Foundation Mental Health Resource Center – [www.jedfoundation.org](http://www.jedfoundation.org)**

Text “START” to 741-741 or call 1 (800) 273-TALK (8255)



### **Office of Student Services**

90 E. Tasman Drive San Jose, CA 95134

Phone: (408) 944-6122

Email: [academicsuport.ca@palmer.edu](mailto:academicsuport.ca@palmer.edu)