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).

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 OF SOLUTION-FOCUSED COUNSELING, NO COST*.

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

FOLLOW THESE 3 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 may also schedule an appointment to meet with a staff member in Student Services to discuss the Personal Counseling Referral Program (PCRP) and receive a personalized provider recommendation.

2. Call to schedule an appointment and identify 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 statement only to confirm you are a current Palmer student or immediate family member of a Palmer student. All billing is sent directly to Bridgett Lance, program assistant at Palmer’s main campus for payment processing. Your participation in counseling is completely confidential.

*Palmer’s referral program covers up to 5 sessions of counseling per Academic Year. Sessions can be used by the student or immediate family member of the student. You won’t receive a bill for counseling sessions; however, if the counselor has a no-show fee or late-cancellation fee, you are responsible for these fees if incurred.
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, 667 Lytton Avenue, Palo Alto, CA 94301, 415-845-8519, email address: goolrukhv@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

• DO YOU ANTICIPATE NEEDING MORE THAN 5 SESSIONS OF COUNSELING TO ADDRESS YOUR CONCERNS?

STUDENTS SEEKING OPTIONS FOR LONGTERM OR ONGOING COUNSELING, AND/OR MEDICATION MANAGEMENT IN THE BAY AREA ARE ENCOURAGED TO CONTACT LOW-COST OR SLIDING-FEE COUNSELING PROVIDERS AND GROUPS INCLUDING:

Community Health Awareness Council
http://www.chacmv.org/clinic/
HOTLINE AND PHONE COUNSELING INFORMATION:

**Santa Clara County Behavioral Health** – 1-855-278-4204
24/7 free suicide prevention & crisis hotline for Santa Clara County residents. To receive confidential support from trained Crisis Text Line counselors, county residents can text the word RENEW to 741741.

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

**NAMI Santa Clara County** 1-800-704-0900, option 2 (mobile crisis response team), 1-408-452-0400, option 1 (help desk))

**Office of Student Services**
90 E. Tasman Drive San Jose, CA 95134
Phone: 408-944-6122
Email: academicsupport.ca@palmer.edu